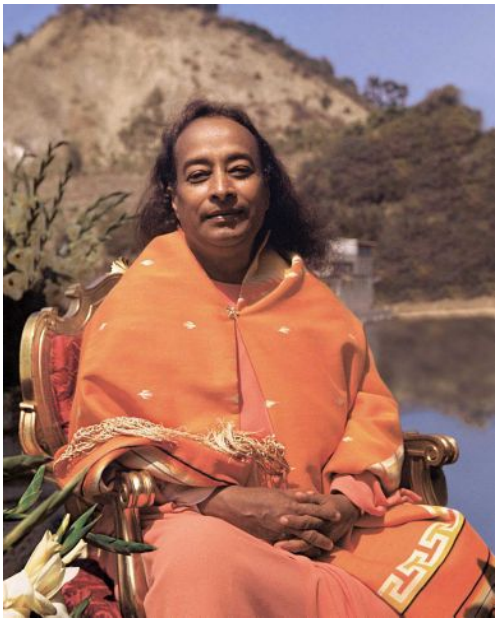
Dr. M. Thirumaleshwar

Paramahansa Yogananda and Kriya Yoga

Dr. M. Thirumaleshwar



Paramahansa Yogananda and Kriya Yoga

Compiled by

Dr. M. Thirumaleshwar

formerly:

(i) Professor, Dept. of Mechanical Engineering,

St. Joseph Engineering College, Vamanjoor, Mangalore – 575 028, India

(ii) Principal, Vivekananda College of Engineering and Technology,

Puttur (D.K.) – 574 203, India

(iii) Head, Dept. of Mechanical Engineering,

Fr. Conceicao Rodrigues Institute of Technology,

Vashi, Navi Mumbai 400 703, India

(iv) Senior Scientific Officer and Head,

Cryogenics Section,

Bhabha Atomic Research Centre, Trombay, Mumbai, India

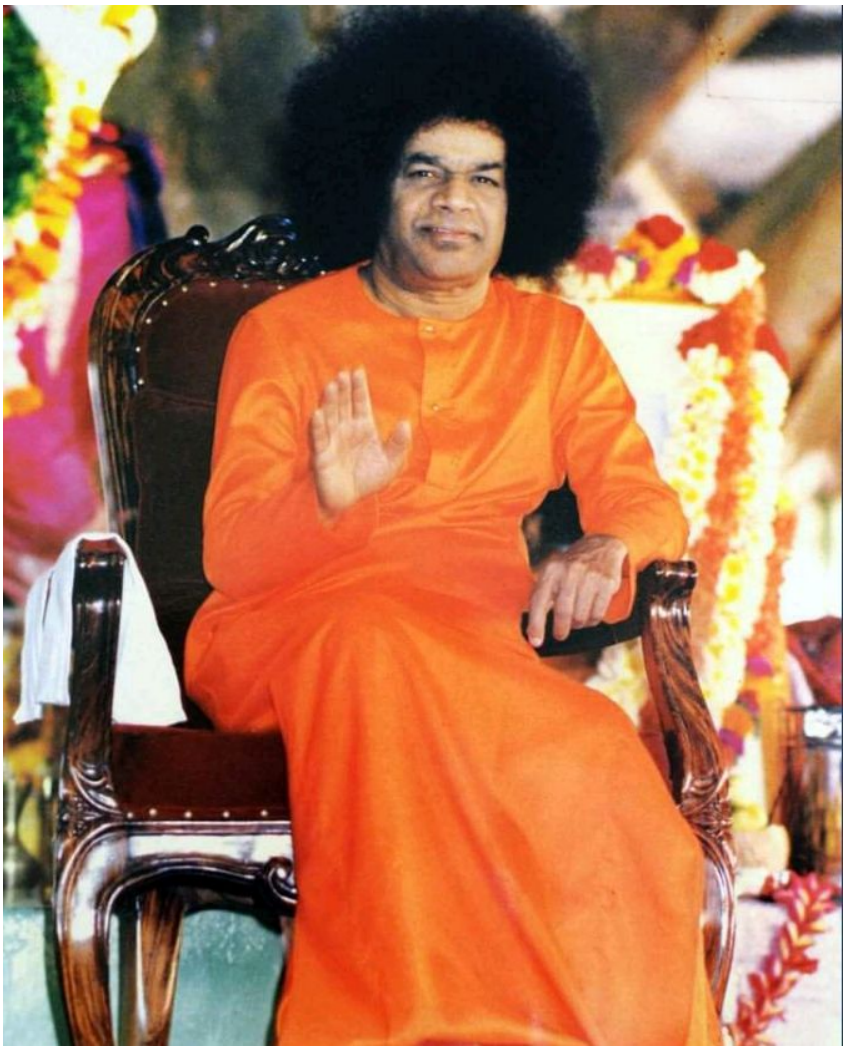
and

Centre for Advanced Technology, Indore 452013, India

Dedication

This work is lovingly dedicated at the lotus feet of:

Bhagavan Sri Sathya Sai Baba



There is only ONE caste -The Caste of Humanity

There is only ONE religion –The Religion of Love

There is only ONE language –The Language of the Heart

There is only ONE God –He is Omnipresent

.....Bhagavan Sri Sathya Sai Baba

CONTENTS

Entries on this page are hyperlinks. So, one can quickly navigate to the desired place in the document by pressing on the relevant hyperlink.

Dedication **3**
CONTENTS 4
PREFACE 6
Ref: Wikipedia 7
Paramahansa Yogananda 7
Biography 8
Youth and discipleship 8
Teaching in America 9
Visit to India, 1935–1936 10
Return to America, 1936 11
Death 12
Teachings 13
Kriya Yoga 14
Autobiography of a Yogi 15
Claims of bodily incorruptibility 16
Legacy 17
Self-Realization Fellowship/Yogoda Satsanga Society of India 17
Commemorative stamps 18
Ref: yssofindia.org 19
Paramahansa Yogananda-Biography 19
Early Life and Spiritual Search: 19
The Beginning of a World Mission: 20
A Pioneer of Yoga in the West: 21
Return to India (1935-36): 23
A Spiritual Foundation: 24
Final Years and Mahasamadhi: 26
The Complete works of Paramahansa Yogananda: 27
Paramahansa Yogananda — A Yogi For East & West: 29
YSS Ashrams and Centres: 30
YSS Ashrams: 30
Yogoda Satsanga Sakha Math, Ranchi: 30
Paramahansa Yogananda's Room 31
Litchi Vedi 31
Smriti Mandir 32
Retreats 32
Meditation Gardens 32
Yogoda Satsanga Ashram, Dakshineswar: 33
Yogoda Satsanga Sakha Ashram, Dwarahat: 34
Mahavatar Babaji's Cave 34

Yogoda Satsanga Sakha Ashram, Noida: 35
Ref: yogananda.org 36
About Self Realisation Fellowship (SRF)… 36
SRF lessons: 36
A history of the SRF/YSS Gurus: 37
Mahavatar Babaji: 37
Lahiri Mahasaya: 38
Swami Sri Yukteswar: 39
SRF- Temples, retreats, and other facilities in America:(Ref: Wikipedia) 40
Ref: iamfearlesssoul.com 43
21 Paramahansa Yogananda Quotes - 43
Ref: tripadvisor.in: Photos of YSS of India- Ranchi Ashram 46
Ref: FaceBook page:Paramahansa Yogananda: Photos 61
YouTube Videos: 87

PREFACE

This free ebook is a compilation of information on **Paramahansa Yogananda and Kriya Yoga.**

Details about Biography, early life, youth and spiritual search, discipleship, kriya yoga, world mission, teaching in America, founding of Self Realization Fellowship (SRF), preparing SRF lessons on Kriya Yoga, establishing various centres, public talks, returning to India for an year after a period of 15 years of work in America, consolidating the works in India, meeting several saints and dignitaries, several literary works including the famous Autobiography of a Yogi, brief biographies of three of the famous Gurus of Kriya Yoga etc are given from page 7 to 45.

Good photos from tripadvisor.in and Facebook pages are given from page 46 to 86. These photos are about Paramahansa Yogananda and His various activities in India and abroad.

And, YouTube videos links are shown on page 87.

These videos are about life story, and talks by Paramahansa Yogananda.

Acknowledgements:

Many of my friends and relatives have actively encouraged me in my attempt to compile this free ebook. I sincerely thank them for their support.

My wife Kala has always encouraged and supported me in all my literary works, sacrificing much of her time. I express my deep appreciation to her.

I have drawn heavily from many references, viz. Wikipedia, FaceBook pages, and associated YouTube videos etc.

Finally, I express my immense gratitude to Sri Sathya Sai Baba for His Grace and blessings, prompting me to initiate, continue and complete this work.

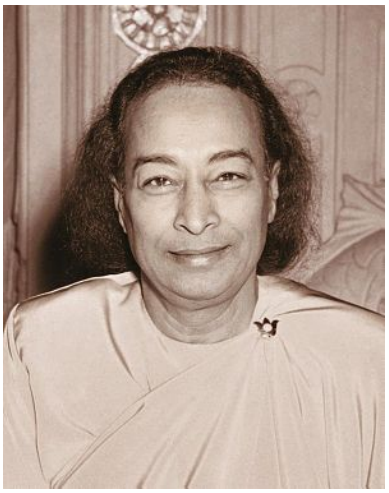
M. Thirumaleshwar,

June 22, 2022

Email: tmuliya@rediffmail.com

Ref: Wikipedia

Paramahansa Yogananda



Paramahansa Yogananda (born Mukunda Lal Ghosh; January 5, 1893 – March 7, 1952) was an Indian Hindu monk, yogi and guru who introduced millions to the teachings of meditation and Kriya Yoga through his organization Self-Realization Fellowship (SRF) / Yogoda Satsanga Society (YSS) of India, and who lived his last 32 years in America.[2] A chief disciple of the Bengali yoga guru Swami Sri Yukteswar Giri, he was sent by his lineage to spread the teachings of yoga to the West, to prove the unity between Eastern and Western religions and to preach a balance between Western material growth and Indian spirituality.[3] His long-standing influence in the American yoga movement, and especially the yoga culture of Los Angeles, led him to be considered by yoga experts as the "Father of Yoga in the West."[4][5][6]

Yogananda was the first major Indian teacher to settle in America, and the first prominent Indian to be hosted in the White House (by President Calvin Coolidge in 1927);[7] his early acclaim led to him being dubbed "the 20th century's first superstar guru" by the Los Angeles Times.[8] Arriving in Boston in 1920, he embarked on a successful transcontinental speaking tour before settling in Los Angeles in 1925. For the next two and a half decades, he gained local fame as well as expanded his influence worldwide: he created a monastic order and trained disciples, went on teaching-tours, bought properties for his organization in various California locales, and initiated thousands into Kriya Yoga.[5] By 1952, SRF had over 100 centers in both India and the US; today, they have groups in nearly every major American city.[8] His "plain living and high thinking" principles attracted people from all backgrounds among his followers.[5]

He published his book, Autobiography of a Yogi, in 1946, to critical and commercial acclaim; since its first publishing, it has sold over four million copies, with HarperSan Francisco listing it as one of the "100 best spiritual books of the 20th Century".[9][8][10] Former Apple CEO Steve Jobs had ordered 500 copies of the book for his own memorial, for each guest to be given a copy.[11] The book has been regularly reprinted and is known as "the book that changed the lives of millions."[12][13] A documentary about his life commissioned by the SRF, Awake: The Life of Yogananda, was released in 2014.[14] His continued legacy around the world, remaining a leading figure in Western spirituality to the current day, led authors such as Philip Goldberg to consider him "the best known and most beloved of all Indian spiritual teachers who have come to the West....through the strength of his character and his

skillful transmission of perennial wisdom, he showed the way for millions to transcend barriers to the liberation of the soul."[15]

Biography

Youth and discipleship

Yogananda at age six

Yogananda was born in Gorakhpur, Uttar Pradesh, India, to a Hindu Bengali Kayastha family.[16] He was the fourth of the eight children, and second of the four sons, of Bhagabati Charan Ghosh, the Vice President of Bengal-Nagpur Railway, and Gyanprabha Devi. According to his younger brother, Sananda, from his earliest years young Mukunda's awareness and experience of the spiritual was far beyond the ordinary.[16] Since his father was a Vice-President of the Bengal Nagpur Railway, the nature of his job caused the family to move several times during Yogananda's childhood, including to Lahore, Bareilly, and Kolkata.[3] According to Autobiography of a Yogi, he was eleven years old when his mother died, just before the marriage of his eldest brother Ananta; she left behind a sacred amulet for Mukunda, given to her by a holy man, who told her that Mukunda was to possess it for some years, after which it would vanish into the ether from which it came. Throughout his childhood, his father would fund train-passes for his many sight-seeing trips to distant cities and pilgrimage spots, which he would often take with friends. In his youth he sought out many of India's Hindu sages and saints, including the Soham "Tiger" Swami, Gandha Baba, and Mahendranath Gupta, hoping to find an illumined teacher to guide him in his spiritual quest.[3]

After finishing high school, Yogananda formally left home and joined a Mahamandal Hermitage in Varanasi; however, he soon became dissatisfied with its insistence on organizational work instead of meditation and God-perception. He began praying for guidance; in 1910, his seeking after various teachers mostly ended when, at the age of 17, he met his guru, Swami Sri Yukteswar Giri;[3] at that time his well-guarded amulet mysteriously vanished, having served its spiritual purpose. In his autobiography, he describes his first meeting with Sri Yukteswar as a rekindling of a relationship that had lasted for many lifetimes:

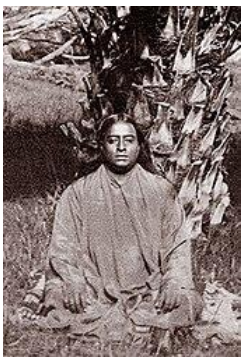
"We entered a oneness of silence; words seemed the rankest superfluities. Eloquence flowed in soundless chant from heart of master to disciple. With an antenna of irrefragable insight I sensed that my guru knew God, and would lead me to Him. The obscuration of this life disappeared in a fragile dawn of prenatal memories. Dramatic time! Past, present, and future are its cycling scenes. This was not the first sun to find me at these holy feet!"[3]

He would go on to train under Sri Yukteswar as his disciple for the next ten years (1910–1920), at his hermitages in Serampore and Puri. Later on Sri Yukteswar informed Yogananda that he had been sent to him by the great guru of their lineage, Mahavatar Babaji, for a special world purpose of yoga dissemination.[3]

After passing his Intermediate Examination in Arts from the Scottish Church College, Calcutta, in 1915, he graduated with a degree similar to a current day Bachelor of Arts or B.A. (at the time referred to as an A.B.), from Serampore College, the college having two entities, one as a constituent college of the Senate of Serampore College (University) and the other as an affiliated college of the University of Calcutta. This allowed him to spend time at Yukteswar's ashram in Serampore.

In July 1915, several weeks after graduating from college, he took formal vows into the monastic Swami order; Sri Yukteswar allowed him to choose his own name: Swami Yogananda Giri.[3] In 1917, Yogananda founded a school for boys in Dihika, West Bengal, that combined modern educational techniques with yoga training and spiritual ideals. A year later, the school relocated to Ranchi.[3] One of the school's first group of pupils was his youngest brother, Bishnu Charan Ghosh, who learned yoga asanas there and in turn taught asanas to Bikram Choudhury.[17] This school would later become the Yogoda Satsanga Society of India, the Indian branch of Yogananda's American organization, Self-Realization Fellowship.

Teaching in America



Meditating in 1910

In 1920, while in meditation one day at his Ranchi school, Yogananda received a vision - faces of a multitude of Americans passed before his mind's eye, intimating to him that he would soon go to America. After giving charge of the school over to its faculty (and eventually to his brother disciple Swami Satyananda), he left for Calcutta; the following day he received an invitation from the American Unitarian Association to serve as India's delegate to an International Congress of Religious Liberals convening that year in Boston.[18] Seeking out his guru's advice, Sri Yukteswar advised him to go; later, while in deep prayer in his room, he received a surprise visit from Mahavatar Babaji, the Great Guru of his lineage, who told him directly that he was the one chosen by the Masters to spread Kriya Yoga to the West. Reassured and uplifted, Yogananda soon afterwards accepted the offer to go to Boston. This account became a standard feature of his lectures.

In August 1920, he left for the United States aboard the ship "The City of Sparta," on a two-month voyage that landed near Boston by late September.[19] He spoke at the International Congress in early October, and was well received; later that year he founded the Self-Realization Fellowship (SRF) to disseminate worldwide his teachings on India's ancient practices and philosophy of Yoga and its tradition of meditation.[20] Yogananda spent the next four years in Boston; in the interim, he lectured and taught on the East Coast[21] and in 1924 embarked on a cross-continental speaking tour.[22] Thousands came to his lectures.[3] During this time he attracted a number of celebrity followers, including soprano Amelita Galli-Curci, tenor Vladimir Rosing and Clara Clemens Gabrilowitsch, the daughter of Mark Twain. In 1925, he established an international center for Self-Realization Fellowship in Los Angeles, California, which became the spiritual and administrative heart of his growing work.[19][23] Yogananda was the first Hindu teacher of yoga to spend a major portion of his life in America. He lived in the United States from 1920 to 1952, interrupted by an extended trip abroad in 1935–1936, and through his disciples he developed various Kriya Yoga centers around the world.

Yogananda was put on a government watch list and kept under surveillance by the FBI and the British authorities, who were concerned about the growing independence movement in India.[24] A confidential file was kept on him from 1926 to 1937 due to concern over his religious and moral practices.[25] Philip Goldberg's biography describes Yogananda as being up against a perfect storm of America's worst defects: media sensationalism, religious bigotry, ethnic stereotyping, paternalism, sexual anxiety, and brazen racism.[26]

In 1928, Yogananda received unfavorable publicity in Miami and the police chief, Leslie Quigg, prohibited Yogananda from holding any further events. Quiggs said it was not due to a personal grudge against the Swami but rather in the interest of public order and Yogananda's own safety. Quigg had received veiled threats against Yogananda.[27] According to Phil Goldberg, it turns out that Miami officials had summoned the British vice consulate to advise them on the matter ... one consulate officer said that the Miami city manager and Chief Quigg 'recognized the fact that the swami was a British subject and apparently an educated man, but unfortunately he was what is considered in this part of the country a coloured man.' Given the South's cultural mores, he noted, 'the swami was in great danger of suffering bodily harm from the populace.'"[26]

Visit to India, 1935–1936

In 1935, he returned to India via ocean liner, along with two of his western students, to visit his guru Sri Yukteswar Giri and to help establish his Yogoda Satsanga work in India. While enroute, his ship detoured in Europe and the Middle East; he undertook visits to other living western saints like Therese Neumann, the Catholic Stigmatist of Konnersreuth, and places of spiritual significance: Assisi, Italy to honor St. Francis, the Athenian temples of Greece and prison cell of Socrates, the Holy Land of Palestine and the regions of the Ministry of Jesus, and Cairo, Egypt to view the ancient Pyramids.[3][28]

In August 1935, he arrived in India at the port of Mumbai and due to his fame in America, he was met with many photographers and journalists during his short stay at the Taj Mahal Hotel. Upon taking a train eastward and reaching the Howrah Station near Kolkata, he was met with a huge crowd and a ceremonious procession led by his brother, Bishnu Charan Ghosh, and the Maharaja of Kasimbazar. Visiting Serampore, he had an emotional reunion with his guru Sri Yukteswar, which was noted in detail by his western student C. Richard Wright.[3] During his stay in India, he saw his Ranchi boys' school become legally incorporated, and took a touring group to visit various locales: the Taj Mahal in Agra, the

Chamundeshwari Temple in Mysore, Allahabad for the Kumbh Mela of January 1936, and Brindaban to visit an exalted disciple of Lahiri Mahasaya, Swami Keshabananda.[3]

He also met with other various people who caught his interest: Mahatma Gandhi, whom he initiated into Kriya Yoga; woman-saint Anandamoyi Ma; Giri Bala, an elderly yogi woman who survived without eating; renowned physicist Chandrasekhara Venkata Raman, and several disciples of Sri Yukteswar's guru Lahiri Mahasaya.[3] While in India, Sri Yukteswar gave Yogananda the monastic title of Paramahansa, meaning "supreme swan" and indicating the highest spiritual attainment, which formally superseded his previous title of "swami."[29] In March 1936, upon Yogananda's return to Calcutta after visiting Brindaban, Sri Yukteswar died (or, in the yogic tradition, attained mahasamadhi)[30] at his hermitage in Puri. After conducting his guru's funeral rites, Yogananda continued to teach, conduct interviews, and meet with friends for several months, before planning to return to the US in mid-1936.

According to his autobiography, in June 1936, after having a vision of Krishna, he had a supernatural encounter with the resurrected Spirit of his guru Sri Yukteswar while in a room at the Regent Hotel in Mumbai. During the experience, in which Yogananda physically grasped and held onto his guru's solid form, Sri Yukteswar explained that he now served as a spiritual guide on a high-astral planet, and expounded truths in deep detail regarding: the astral realm, astral planets and the afterlife; the lifestyles, abilities and varying levels of freedoms of astral beings; the workings of karma; man's various super physical bodies and how he works through them, and other metaphysical topics.[3] With new wisdom and renewed from the encounter, Yogananda and his two western students left India via ocean liner from Mumbai; staying for several weeks in England, they conducted several yoga classes in London and visited historical sites, before leaving for the US in October 1936.

Return to America, 1936

In late 1936, Yogananda's ship arrived in New York harbor, passing the Statue of Liberty; he and his companions then drove in his Ford car across the continental US back to his Mount Washington, California headquarters. Rejoined with his American disciples, he continued to lecture, write, and establish churches in southern California. He took up residence at the SRF hermitage in Encinitas, California which was a surprise gift from his advanced disciple Rajarsi Janakananda.[31][32] It was at this hermitage that Yogananda wrote his famous Autobiography of a Yogi and other writings. Also, at this time he created an "enduring foundation for the spiritual and humanitarian work of Self-Realization Fellowship/Yogoda Satsanga Society of India."[33]

Yogananda with his autobiography, 1950

In 1946, Yogananda took advantage of a change in immigration laws and applied for citizenship. His application was approved in 1949, and he became a naturalized U.S. citizen.[26]

The last four years of his life were spent primarily in seclusion with some of his inner circle of disciples at his desert retreat in Twentynine Palms, California to finish his writings and to finish revising books, articles and lessons written previously over the years.[34] During this period he gave few interviews and public lectures. He told his close disciples, "I can do much more now to reach others with my pen."[35]

Paramahansa Yogananda ("The Last Smile"), one hour before his death at the Biltmore Hotel, March 7, 1952.

Death

Yogananda began hinting to his disciples that it was time for him to leave the world. According to Phil Goldberg, one example was what Yogananda said to Daya Mata just before the dinner, "Do you realize that it is just a matter of hours and I will be gone from this earth?"[36][37]

On March 7, 1952, he attended a dinner for the visiting Indian Ambassador to the U.S., Binay Ranjan Sen, and his wife at the Biltmore Hotel in Los Angeles. At the conclusion of the banquet, Yogananda spoke of India and America, their contributions to world peace and human progress, and their future co-operation,[38] expressing his hope for a "United World" that would combine the best qualities of "efficient America" and "spiritual India."[39] According to his direct disciple and eventual head of the SRF Daya Mata, who was present at the banquet, as Yogananda ended his speech, he read from his poem My India, concluding with the words "Where Ganges, woods, Himalayan caves, and men dream God—I am hallowed; my body touched that sod."[40] Daya Mata stated that "as he uttered these words, he lifted his eyes to the Kutastha center, and his body slumped to the floor."[36][37][41] According to TIME Magazine and others, "Self-Realization disciples claim that their teacher thus performed mahasamadhi (a yogi's conscious exit from the body).[42][43][44][26] The medical verdict was "acute coronary occlusion," i.e., a heart attack."[41][45][46] His funeral service, with hundreds attending, was held at the SRF headquarters atop Mt. Washington in Los Angeles. Rajarsi Janakananda, who Yogananda chose to succeed him as the new president of the Self-Realization Fellowship, "performed a sacred ritual releasing the body to God."[47]

According to the book Divine Interventions: True Stories of Mysteries and Miracles That Change Lives, for three weeks after his death Yogananda's body "showed no signs of physical deterioration and 'his unchanged face shone with the divine luster of incorruptibility.'" A notarized letter from Harry T. Rowe, the mortuary director, added: "The absence of any visual signs of decay … offers the most extraordinary case in our experience.... This state of perfect preservation of a body is, so far as we know from mortuary annals, an unparalleled one.... Yogananda's body was apparently in a phenomenal

state of immutability.... No odor of decay emanated from his body at any time.... For these reasons we state again that the case of Paramahansa Yogananda is unique in our experience."[48] Rowe wrote that Yogananda's body was embalmed approximately twenty-four hours after his death. On March 26th a barely noticeable desiccation on his nose was seen and on March 27th Rowe noted that Yogananda's body looked fresh and unravaged by decay as it did on the day of his death.[49] Yogananda's remains are interred at the Forest Lawn Memorial Park in the Great Mausoleum (normally closed off to visitors but Yogananda's tomb is accessible) in Glendale, California.[50]

Teachings

Giving a class in Washington, D.C.

In 1917, Yogananda, in India, "began his life's work with the founding of a 'how-to-live'[51] school for boys, where modern educational methods were combined with yoga training and instruction in spiritual ideals." In 1920 "he was invited to serve as India's delegate to an International Congress of Religious Liberals convening in Boston. His address to the Congress, on 'The Science of Religion,' was enthusiastically received." For the next several years he lectured and taught across the United States. His discourses taught of the "unity of 'the original teachings of Jesus Christ and the original Yoga taught by Bhagavan Krishna.'"[52]

In 1920, he founded the Self-Realization Fellowship and in 1925 established in Los Angeles, California, USA, the international headquarters for SRF.[19][53][54] Yogananda wrote the Second Coming of Christ: The Resurrection of the Christ Within You and God Talks With Arjuna – The Bhagavad Gita to explain his belief in the harmony and oneness of original Christianity as taught by Jesus Christ and original Yoga as taught by Bhagavan Krishna; and to present that these principles of truth are the common scientific foundation of all true religions.[55]

Yogananda wrote down his Aims and Ideals for Self-Realization Fellowship /Yogoda Satsanga Society:[3][56]

- To disseminate among the nations a knowledge of definite scientific techniques for attaining direct personal experience of God.
- To teach that the purpose of life is the evolution, through self-effort, of man's limited mortal consciousness into God Consciousness; and to this end to establish Self-Realization Fellowship temples for God-communion throughout the world, and to encourage the establishment of individual temples of God in the homes and in the hearts of men.
- To reveal the complete harmony and basic oneness of original Christianity as taught by Jesus Christ and original Yoga as taught by Bhagavan Krishna; and to show that these principles of truth are the common scientific foundation of all true religions.
- To point out the one divine highway to which all paths of true religious beliefs eventually lead: the highway of daily, scientific, devotional meditation on God.

- To liberate man from his threefold suffering: physical disease, mental inharmonies, and spiritual ignorance.
- To encourage “plain living and high thinking”; and to spread a spirit of brotherhood among all peoples by teaching the eternal basis of their unity: kinship with God.
- To demonstrate the superiority of mind over body, of soul over mind.
- To overcome evil by good, sorrow by joy, cruelty by kindness, ignorance by wisdom.
- To unite science and religion through realisation of the unity of their underlying principles.
- To advocate cultural and spiritual understanding between East and West, and the exchange of their finest distinctive features.
- To serve mankind as one’s larger Self.

In his published work, The Self-Realization Fellowship Lessons, Yogananda gives "his in-depth instruction in the practice of the highest yoga science of God-realization. That ancient science is embodied in the specific principles and meditation techniques of Kriya Yoga."[34] Yogananda taught his students the need for direct experience of truth, as opposed to blind belief. He said that "The true basis of religion is not belief, but intuitive experience. Intuition is the soul's power of knowing God. To know what religion is really all about, one must know God."[3][55]

Echoing traditional Hindu teachings, he taught that the entire universe is God's cosmic motion picture, and that individuals are merely actors in the divine play who change roles through reincarnation. He taught that mankind's deep suffering is rooted in identifying too closely with one's current role, rather than with the movie's director, or God.[3]

He taught Kriya Yoga and other meditation practices to help people achieve that understanding, which he called Self-realization:[19]

Self-realization is the knowing – in body, mind, and soul – that we are one with the omnipresence of God; that we do not have to pray that it come to us, that we are not merely near it at all times, but that God's omnipresence is our omnipresence; and that we are just as much a part of Him now as we ever will be. All we have to do is improve our knowing.[57]

In his book, How you can talk with God, he claims that anyone can talk with God, if the person keeps persevering in the request to speak with God with devotion. He also claimed that God had spoken to him many times, apart from making miracles happen in his life. In the book, he claims that, "We may in a vision see a face of some divine/saintly being, or we may hear a Divine voice talking to us, and will know it is God. When our heart-call is intense, and we do not give up, God will come. It is important that we remove from our mind all doubt that God will answer."[58]

Kriya Yoga

The "science" of Kriya Yoga is the foundation of Yogananda's teachings. An ancient spiritual practice, Kriya Yoga is "union (yoga) with the Infinite through a certain action or rite (kriya). The Sanskrit root of kriya is kri, to do, to act and react." Kriya Yoga was passed down through Yogananda's spiritual lineage: Mahavatar Babaji taught the Kriya technique to Lahiri Mahasaya, who taught it to his disciple, Swami Sri Yukteswar Giri, Yogananda's Guru.[3]

Yogananda gave a general description of Kriya Yoga in his Autobiography:

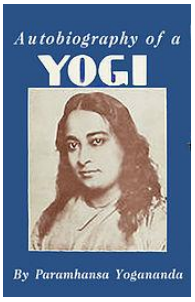
"The Kriya Yogi mentally directs his life energy to revolve, upward and downward, around the six spinal centers (medullary, cervical, dorsal, lumbar, sacral, and coccygeal plexuses) which correspond to the twelve astral signs of the zodiac, the symbolic Cosmic Man.

One-half-minute of revolution of energy around the sensitive spinal cord of man effects subtle progress in his evolution; that half-minute of Kriya equals one year of natural spiritual unfoldment".[3]

Sri Mrinalini Mata, the former president of SRF/YSS, said, "Kriya Yoga is so effective, so complete, because it brings God's love – the universal power through which God draws all souls back to reunion with Him – into operation in the devotee's life."[59]

Yogananda wrote in Autobiography of a Yogi that the "actual technique should be learned from an authorized Kriyaban (Kriya Yogi) of Self-Realization Fellowship /Yogoda Satsanga Society of India."[3]

Autobiography of a Yogi



First edition of Autobiography of a Yogi (1946)

In 1946, Yogananda published his life story, Autobiography of a Yogi.[19] It has since been translated into 45 languages. In 1999, it was designated one of the "100 Most Important Spiritual Books of the 20th Century" by a panel of spiritual authors convened by Philip Zaleski and HarperCollins publishers.[60] Autobiography of a Yogi is the most popular among Yogananda's books.[52] According to Philip Goldberg, who wrote American Veda, "the Self-Realization Fellowship which represents Yogananda's Legacy, is justified in using the slogan, "The Book that Changed the Lives of Millions." It has sold more than four million copies and counting".[61] In 2006, the publisher, Self-Realization Fellowship, honored the 60th anniversary of Autobiography of a Yogi "with a series of projects designed to promote the legacy of the man thousands of disciples still refer to as 'master'."[62]

Yogananda with Anandamayi Ma, 1935

Autobiography of a Yogi describes Yogananda's spiritual search for enlightenment, in addition to encounters with notable spiritual figures such as Therese Neumann, Anandamayi Ma, Vishuddhananda Paramahansa, Mohandas Gandhi, Nobel laureate in literature Rabindranath Tagore, noted plant scientist Luther Burbank (the book is 'Dedicated to the

Memory of Luther Burbank, An American Saint'), famous Indian scientist Sir Jagadish Chandra Bose and Nobel laureate in physics Sir C. V. Raman. One notable chapter of this book is "The Law of Miracles", where he gives scientific explanations for seemingly miraculous feats. He writes: "the word 'impossible' is becoming less prominent in man's vocabulary."[3]

The Autobiography has been an inspiration for many people including George Harrison,[63] Ravi Shankar[64] and Steve Jobs. In the 2011 book Steve Jobs: A Biography the author writes that Jobs first read the Autobiography as a teenager. He re-read it in India and later while preparing for a trip, he downloaded it onto his iPad2 and then re-read it once a year ever since.[65] India national cricket team captain, Virat Kohli said that the Autobiography influenced his life in a positive manner and also urged everyone to read it.[66][67]

Claims of bodily incorruptibility

As reported in Time on August 4, 1952, Harry T. Rowe, Mortuary Director of the Forest Lawn Memorial Park in Glendale, California, where Yogananda's body was received, embalmed and interred,[68] wrote in a notarized letter[3]

The absence of any visual signs of decay in the dead body of Paramahansa Yogananda offers the most extraordinary case in our experience... No physical disintegration was visible in his body even twenty days after death... No indication of mold was visible on his skin, and no visible drying up took place in the bodily tissues. This state of perfect preservation of a body is, so far as we know from mortuary annals, an unparalleled one... No odour of decay emanated from his body at any time...[69][49]

Because of two statements in Rowe's letter, some have questioned whether the term "incorruptibility" is appropriate. First, in his fourth paragraph he wrote: "For protection of the public health, embalming is desirable if a dead body is to be exposed for several days to public view. Embalming of the body of Paramahansa Yogananda took place twenty-four hours after his demise." Claims of incorruptibility require that a body not be embalmed,[70] whereas the letter notes that Yogananda's body was embalmed soon after his death. Second, in the eleventh paragraph he wrote: "On the late morning of March 26th, we observed a very slight, a barely noticeable, change – the appearance on the tip of the nose of a brown spot, about one-fourth inch in diameter. This small faint spot indicated that the process of desiccation (drying up) might finally be starting. No visible mold appeared however."[49]

Rowe continued in paragraphs fourteen and fifteen: "The physical appearance of Paramahansa Yogananda on March 27th just before the bronze cover for the casket was put into position, was the same as it was on March 7th. He looked on March 27th as fresh and unravaged by decay as he had looked on the night of his death. On March 27th there was no reason to say that his body had suffered any physical disintegration at all. For these reason we state again that the case of Paramahansa Yogananda is unique in our experience. On May 11, 1952, during a telephone conversation between an officer of Forest Lawn and an officer of Self-Realization Fellowship, the amazing story was brought out for the first time."[49]

Self-Realization Fellowship published Rowe's four-page notarized letter in its entirety in the May–June 1952 issue of its magazine Self-Realization.[71] From 1958 to the present it has been included in that organization's booklet Paramahansa Yogananda: In Memoriam.[50]

The location of Yogananda's crypt is in the Great Mausoleum, Sanctuary of Golden Slumber, Mausoleum Crypt 13857, Forest Lawn Memorial Park (Glendale).[72]

Legacy

Self-Realization Fellowship/Yogoda Satsanga Society of India

Yogoda Satsanga Society of India (YSS) is a non-profit religious organization founded by Yogananda in 1917. In countries outside the Indian subcontinent it is known as the Self-Realization Fellowship. Yogananda's dissemination of his teachings is continued through this organization – the Self-Realization Fellowship (SRF) /Yogoda Satsanga Society of India (YSS).[61][73] Yogananda founded the Yogoda Satsanga Society of India in 1917 and then expanded it in 1920 to the United States naming it the Self-Realization Fellowship. In 1935, he legally incorporated it in the U.S. to serve as his instrument for the preservation and worldwide dissemination of his teachings.[74] Yogananda expressed this intention again in 1939 in his magazine Inner Culture for Self-Realization that he published through his organization:

Paramahansa Swami Yogananda renounced all his ownership rights in the Self-Realization Fellowship when it was incorporated as a nonprofit religious organization under the laws of California, March 29, 1935. At that time he turned over to the Fellowship all of his rights to and income from sale of his books, writings, magazine, lectures, classes, property, automobiles and all other possessions...[75]

SRF/YSS is headquartered in Los Angeles and has grown to include more than 500 temples and centers around the world. It has members in over 175 countries including the Self-Realization Fellowship Lake Shrine.[76] In India and surrounding countries, Paramahansa Yogananda's teachings are disseminated by YSS which has more than 100 centers, retreats, and ashrams.[73] Rajarsi Janakananda was chosen by Yogananda to become the President of SRF/YSS when he was gone.[19][77] Daya Mata, a religious leader and a direct disciple of Yogananda who was personally chosen and trained by Yogananda, was head of Self-Realization Fellowship /Yogoda Satsanga Society of India from 1955 to 2010.[20] According to Linda Johnsen, the new wave today is women, for major Indian gurus have passed on their spiritual mantle to women including Yogananda to the American-born Daya Mata[78] and then to Mrinalini Mata. Mrinalini Mata, a direct disciple of Yogananda, was the president and spiritual head of Self-Realization Fellowship /Yogoda Satsanga Society of India from January 9, 2011, until her death on August 3, 2017. She, too, was personally chosen and trained by Yogananda to help guide the dissemination of his teachings after his death.[73] On August 30, 2017, Brother Chidananda was elected as the next president in a unanimous vote by the SRF Board of Directors.[79] Yogananda incorporated the Self-Realization Fellowship as a nonprofit organization and reassigned all of his property including Mt. Washington to the corporation, thereby protecting his assets.[80]

On November 15, 2017, the President of India, Ram Nath Kovind visited the Yogoda Satsanga Society of India's Ranchi Ashram on its centennial anniversary in honor of the official release of the Hindi translation of Yogananda's book God Talks with Arjuna: The Bhagavad Gita.[81][82][83][84]

Commemorative stamps

A 1977 stamp of India

India released a commemorative stamp in honor of Yogananda in 1977.[85] "Department of Post issued a commemorative postage stamp on the occasion of the twenty-fifth anniversary of Yogananda's passing in honor of his far-reaching contributions to the spiritual upliftment of humanity. "The ideal of love for God and service to humanity found full expression in the life of Paramahansa Yogananda. Though the major part of his life was spent outside India, still he takes his place among our great saints. His work continues to grow and shine ever more brightly, drawing people everywhere on the path of the pilgrimage of the Spirit."[86][87]

A 2017 stamp of India, with the Yogoda Satsanga Sakha Math at Ranchi in the background

On March 7, 2017, the Prime Minister of India, Narendra Modi, released another commemorative postage stamp honoring the 100th anniversary of the Yogoda Satsanga Society of India.[88] Prime Minister Modi at Vigyan Bhawan in New Delhi appreciated Yogananda for spreading the message of India's spirituality in foreign shores. He said that though Yogananda left the shores of India to spread his message, he always remained connected with India.[89]

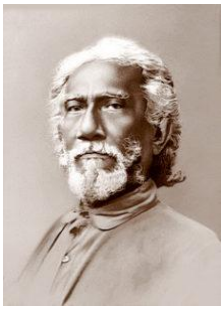
Ref: yssofindia.org

Paramahansa Yogananda-Biography

Early Life and Spiritual Search:

Paramahansa Yogananda was born Mukunda Lal Ghosh on January 5, 1893, in Gorakhpur, India, into a devout and well-to-do Bengali family. From his earliest years, it was evident to those around him that the depth of his awareness and experience of the spiritual was far beyond the ordinary.

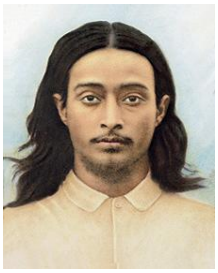
Both his parents were disciples of Lahiri Mahasaya, the renowned master who was instrumental in reintroducing Kriya Yoga in modern India. When Yogananda was an infant in his mother's arms, Lahiri Mahasaya blessed him and foretold: "Little mother, thy son will be a yogi. As a spiritual engine, he will carry many souls to God's kingdom."



Swami SriYukteswar — Guru of Yogananda.

In his youth Mukunda sought out many of India's sages and saints, hoping to find an illumined teacher to guide him in his spiritual quest. It was in 1910, at the age of seventeen, that he met and became a disciple of the revered Swami Sri Yukteswar Giri (right). In the hermitage of this great master of yoga he spent the better part of the next ten years, receiving Sri Yukteswar's strict but loving spiritual discipline.

At their very first meeting, and on many occasions thereafter, Sri Yukteswar told the young disciple that he had been chosen as the one to disseminate the ancient science of Kriya Yoga in America and worldwide.



Young age photo of Paramahansa Yogananda (Spiritual Guru).

After graduating from Calcutta University in 1915, Mukunda took formal vows as a monk of India's venerable monastic Swami Order, at which time he received the name Yogananda (signifying bliss, ananda, through divine union, yoga). His ardent desire to consecrate his life to the love and service of God thus found fulfillment..

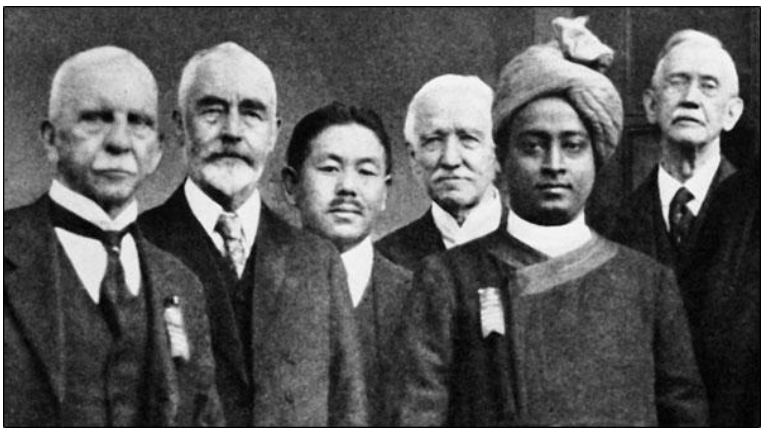
The Beginning of a World Mission:

Yogananda began his life's work with the founding, in 1917, of a "how-to-live" school for boys, where modern educational methods were combined with yoga training and instruction in spiritual ideals. The Maharajah of Kasimbazar made available his summer palace at Ranchi (about 250 miles from Calcutta) as the site for the school. Visiting the school a few years later, Mahatma Gandhi wrote: "This institution has deeply impressed my mind."

Paramahansa Yogananda wearing turban on a ship.

One day in 1920, while meditating at the Ranchi school, Yogananda had a divine vision showing him that now was the time to begin his work in the West. He immediately departed for Calcutta, where the next day he was invited to serve as India's delegate to an international congress of religious leaders convening later that year in Boston. Sri Yukteswar confirmed that the time was right, saying: "All doors are open for you. It is now or never."

Shortly before his departure, Yogananda was visited by Mahavatar Babaji, the deathless master who revived in this age the ancient science of Kriya Yoga. "You are the one I have chosen to spread the message of Kriya Yoga in the West," Babaji said to Yogananda. "Long ago I met your guru Yukteswar at a Kumbha Mela; I told him then I would send you to him for training. Kriya Yoga, the scientific technique of God-realization, will ultimately spread in all lands, and aid in harmonizing the nations through man's personal, transcendental perception of the Infinite Father."



Yogananda with international congress of religious leaders in Boston.

The young swami arrived in Boston in September 1920. His first speech, made to the International Congress of Religious Liberals, was on "The Science of Religion," and was enthusiastically received. That same year he founded Self-Realization Fellowship to disseminate worldwide his teachings on India's ancient science and philosophy of Yoga and

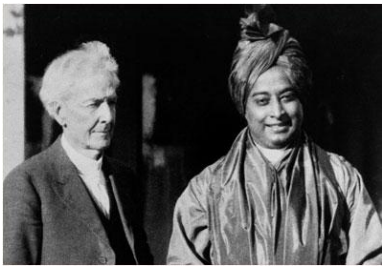
its time-honored tradition of meditation. The first SRF meditation center was started in Boston with the help of Dr. and Mrs. M. W. Lewis and Mrs. Alice Hasey (Sister Yogmata), who were to become lifelong disciples.

Yogananda with his students at Mt. Washington in Los Angeles.

For the next several years, he lectured and taught on the East Coast; and in 1924 embarked on a cross-continental speaking tour. Reaching Los Angeles in early 1925, he established an international headquarters for Self-Realization Fellowship atop Mt. Washington, which became the spiritual and administrative heart of his growing work.

A Pioneer of Yoga in the West:

From 1924–1935, Yogananda traveled and lectured widely, speaking to capacity audiences in many of the largest auditoriums in America — from New York's Carnegie Hall to the Los Angeles Philharmonic Auditorium. The Los Angeles Times reported: "The Philharmonic Auditorium presents the extraordinary spectacle of thousands….being turned away an hour before the advertised opening of a lecture with the 3000-seat hall filled to its utmost capacity."



Yogananda with Luthar Burbank in Santa Rosa.

Yogananda emphasized the underlying unity of the world's great religions, and taught universally applicable methods for attaining direct personal experience of God. To serious students of his teachings he taught the soul-awakening techniques of Kriya Yoga, initiating more than 100,000 men and women during his thirty years in the West.

His Excellency Emilio Portes Gil, president of Mexico and Sri Yogananda.

Among those who became his students were many prominent figures in science, business, and the arts, including horticulturist Luther Burbank, operatic soprano Amelita Galli-Curci, George Eastman (inventor of the Kodak camera), poet Edwin Markham, and symphony conductor Leopold Stokowski. In 1927, he was officially received at the White House by President Calvin Coolidge, who had become interested in the newspaper reports of his activities.

In 1929, during a two-month trip to Mexico, he planted the seeds for future growth of his work in Latin America. He was welcomed by the president of Mexico, Dr. Emilio Portes Gil, who became a lifelong admirer of Yogananda's teachings.

By the mid-1930s, Paramahansaji had also met quite a few of the early disciples who would help him build the Self-Realization Fellowship work and carry the Kriya Yoga mission forward after his own lifetime was over — including two whom he appointed to be his spiritual successors as president of Self-Realization Fellowship: Rajarsi Janakananda (James J. Lynn), who met the Guru in Kansas City in 1932; and Sri Daya Mata, who had attended his classes in Salt Lake City the previous year.

Guru (Paramahansa Yogananda) and Disciple (James J. Lynn) are meditating at YSS-SRF International Headquarters, Los Angeles.

Other disciples who attended his lecture programs during the 1920s and '30s and stepped forward to dedicate their lives to the SRF work were Dr. and Mrs. M. W. Lewis, who met him in Boston in 1920; Gyanamata (Seattle, 1924); Tara Mata (San Francisco, 1924); Durga Mata (Detroit, 1929); Ananda Mata (Salt Lake City, 1931); Sraddha Mata (Tacoma, 1933); and Sailasuta Mata (Santa Barbara, 1933).

Thus, for many years after Yogananda's passing, and continuing to this day, Self-Realization Fellowship has been guided by disciples who received Paramahansa Yogananda's personal spiritual training.

Paramahansa Yogananda and Faye Wright, now Sri Daya Mata at SRF Encinitas Hermitage.

Yogananda's talks and classes in the earliest years of his ministry were recorded only intermittently. However, when Sri Daya Mata (who later became president of his worldwide organization) joined his ashram in 1931, she undertook the sacred task of faithfully recording Yogananda's hundreds of lectures, classes, and informal talks so that his wisdom and inspiration could be preserved in their original power and purity and published by Self-Realization Fellowship for generations to come.

Return to India (1935-36):

In 1935, Yogananda returned to India for a last visit with his great guru (left). (Sri Yukteswar passed away on March 9, 1936.) Traveling by ship and automobile through Europe, Palestine, and Egypt, he arrived in Bombay in the summer of 1935.

Yogananda and Mahatma Gandhi at Wardha.

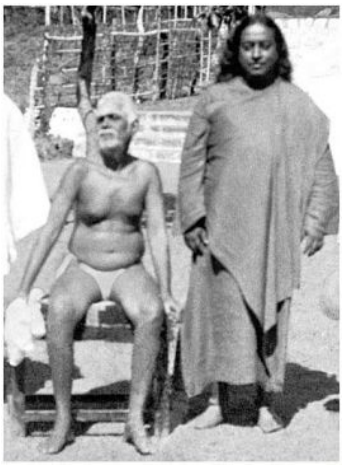
During Yogananda's year-long sojourn in his native land, he gave classes and Kriya Yoga initiation in cities throughout the subcontinent. He also enjoyed meetings with Mahatma Gandhi who requested initiation in Kriya Yoga; Nobel-prize-winning physicist Sir C. V. Raman; and some of India's most renowned spiritual figures, including Ramana Maharshi and Anandamoyi Ma.

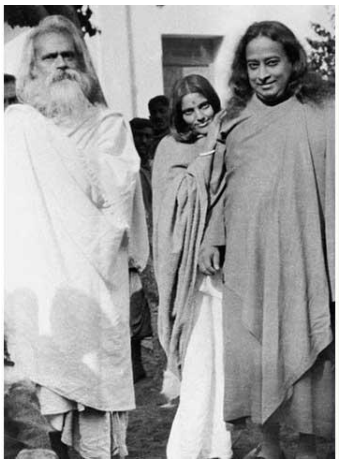
It was during this year that Sri Yukteswar bestowed on him India's highest spiritual title, paramahansa. Literally "supreme swan" (a symbol of spiritual discrimination), the title signifies one who is established in the ultimate state of union with God.

While in India, Yogananda secured the permanent foundation for his work there, Yogoda Satsanga Society of India. From its headquarters (bottom left) in Dakshineswar (on the Ganges near Kolkata) and the original ashram in Ranchi, the society continues to thrive to this day — with schools, ashrams, meditation centers, and charitable works throughout the subcontinent.

Dakshineswar Ashram on the banks of river Ganga.

In late 1936 he returned to America, where he remained for the rest of his life.





A Spiritual Foundation:

During the 1930s, Paramahansa Yogananda began to withdraw somewhat from his nationwide public lecturing so as to devote himself to the writings that would carry his message to future generations, and to building an enduring foundation for the spiritual and humanitarian work of Yogoda Satsanga Society of India/Self-Realization Fellowship.

Under his direction, the personal guidance and instruction that he had given to students of his classes was arranged into a comprehensive series of Yogoda Satsanga Society of India Lessons for home study.

Yogananda in Encinitas.

A beautiful Hermitage overlooking the Pacific Ocean at Encinitas, California, had been built for the Guru during his absence in India by his beloved disciple Sri Sri Rajarsi Janakananda. Here the Guru spent many years working on his autobiography and other writings, and began the Retreat programme which continues to this day.

He also founded several Self-Realization Fellowship temples (Encinitas, Hollywood, and San Diego), speaking regularly there to devoted audiences of SRF members and friends on a vast array of spiritual subjects. Many of these talks, which were recorded stenographically by Sri Sri Daya Mata, have since been published by YSS/SRF in the three volumes of Yoganandaji's Collected Talks and Essays and in Yogoda Satsanga Magazine.

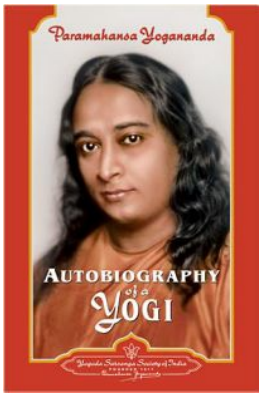
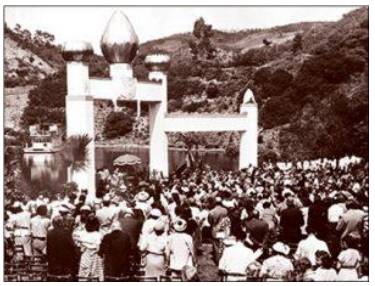


Photo of Yogananda on Autobiography of a Yogi.

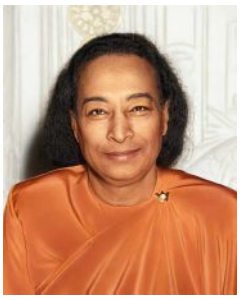
Yogananda's life story, Autobiography of a Yogi, was published in 1946 (and significantly expanded by him in subsequent editions). A perennial best seller, the book has been in continuous publication since it first appeared and has been translated into 50 languages. It is widely regarded as a modern spiritual classic.



Paramahansa Yogananda and his disciples in Lake Shrine.

In 1950, Paramahansaji held the first Self-Realization Fellowship World Convocation at its International Headquarters in Los Angeles — a weeklong event that today attracts thousands each year from all around the globe. He also dedicated the beautiful SRF Lake Shrine in Pacific Palisades, enshrining a portion of Mahatma Gandhi's ashes in the ten-acre lakeside meditation gardens that has since become one of California's most prominent spiritual landmarks.

Final Years and Mahasamadhi:



Paramahansa Yogananda's final years were spent largely in seclusion, as he laboured intensely to complete his writings — including his voluminous commentaries on the Bhagavad Gita and the teachings of Jesus Christ in the four Gospels, and revisions of earlier works such as Whispers from Eternity and the Yogoda Satsanga Lessons. He also worked extensively with Sri Daya Mata, Sri Mrinalini Mata, and a few other of his closest disciples, imparting the spiritual and organizational guidance that would enable them to carry on his worldwide work after he would be gone.

He told them:

"My body shall pass but my work shall go on. And my spirit shall live on. Even when I am taken away I shall work with you all for the deliverance of the world with the message of God.

"Those who have come to Self-Realization Fellowship [Yogoda Satsanga Society of India] truly seeking inward spiritual help shall receive what they seek from God. Whether they come while I am in the body, or afterward, the power of God through the link of the SRF [YSS] Gurus shall flow into the devotees just the same, and shall be the cause of their salvation….The ever-living Babaji has promised to guard and guide the progress of all sincere SRF [YSS] devotees. Lahiri Mahasaya and Sri Yukteswarji, who have left their physical forms, and I myself, even after I have left the body — all will ever protect and direct the sincere members of SRF [YSS]."

Indian Ambassador's wife with YoganandaOn March 7, 1952

The great guru entered mahasamadhi, a God-illumined master's conscious exit from the body at the time of physical death. He had just finished giving a short speech at a banquet honouring India's ambassador to the United States, Dr. Binay R. Sen, at the Biltmore Hotel in Los Angeles.

His passing was marked by an extraordinary phenomenon. A notarized statement signed by the Director of Forest Lawn Memorial-Park testified: "No physical disintegration was visible in his body even twenty days after death….This state of perfect preservation of a body is, so far as we know from mortuary annals, an unparalleled one….Yogananda's body was apparently in a phenomenal state of immutability."

In years past, Paramahansa Yogananda's guru, Swami Sri Yukteswar, had referred to him as an incarnation of divine love. Later, his disciple and first spiritual successor, Rajarsi Janakananda, fittingly bestowed on him the title of Premavatar or "Incarnation of Divine Love."

On the occasion of the twenty-fifth anniversary of Paramahansa Yogananda's passing, his far-reaching contributions to the spiritual upliftment of humanity were given formal recognition by the Government of India. A special commemorative stamp was issued in his honour, together with a tribute that read, in part:

"The ideal of love for God and service to humanity found full expression in the life of Paramahansa Yogananda…. Though the major part of his life was spent outside of India, still he takes his place among our great saints. His work continues to grow and shine ever more brightly, drawing people everywhere on the path of the pilgrimage of the Spirit".

'Yogananda Stamp' - Government of India

Postage stamp commemorating the 100th anniversary of Yogoda Satsanga Society.In 2017 India's Prime Minister, the Hon'ble Sri Narendra Modi, paid tribute to Paramahansaji during a special ceremony in New Delhi on March 7, 2017, in which the Government of India released a new postage stamp to commemorate the 100th anniversary of Yogoda Satsanga Society. The date was chosen to honour the anniversary of Paramahansaji's mahasamadhi.

In his inspired address, the Prime Minister characterized Paramahansaji as one of India's greatest yogis and teachers—one whose life and work demonstrated for the world the tremendous value of India's spirituality—and praised YSS for successfully maintaining the legacy and spirit of its founder in sharing India's ancient heritage in the modern world.

The Complete works of Paramahansa Yogananda:

A century after the birth of Paramahansa Yogananda, he has come to be recognised as one of the preeminent spiritual figures of our time; and the influence of his life and work continues to grow. Many of the religious and philosophical concepts and methods he

introduced decades ago are now finding expression in education, psychology, business, medicine, and other spheres of endeavour—contributing in far-reaching ways to a more integrated, humane, and spiritual vision of human life.

The fact that Paramahansa Yogananda's teachings are being interpreted and creatively applied in many different fields, as well as by exponents of diverse philosophical and metaphysical movements, points not only to the great practical utility of what he taught. It also makes clear the need for some means of ensuring that the spiritual legacy he left not be diluted, fragmented, or distorted with the passing of time.

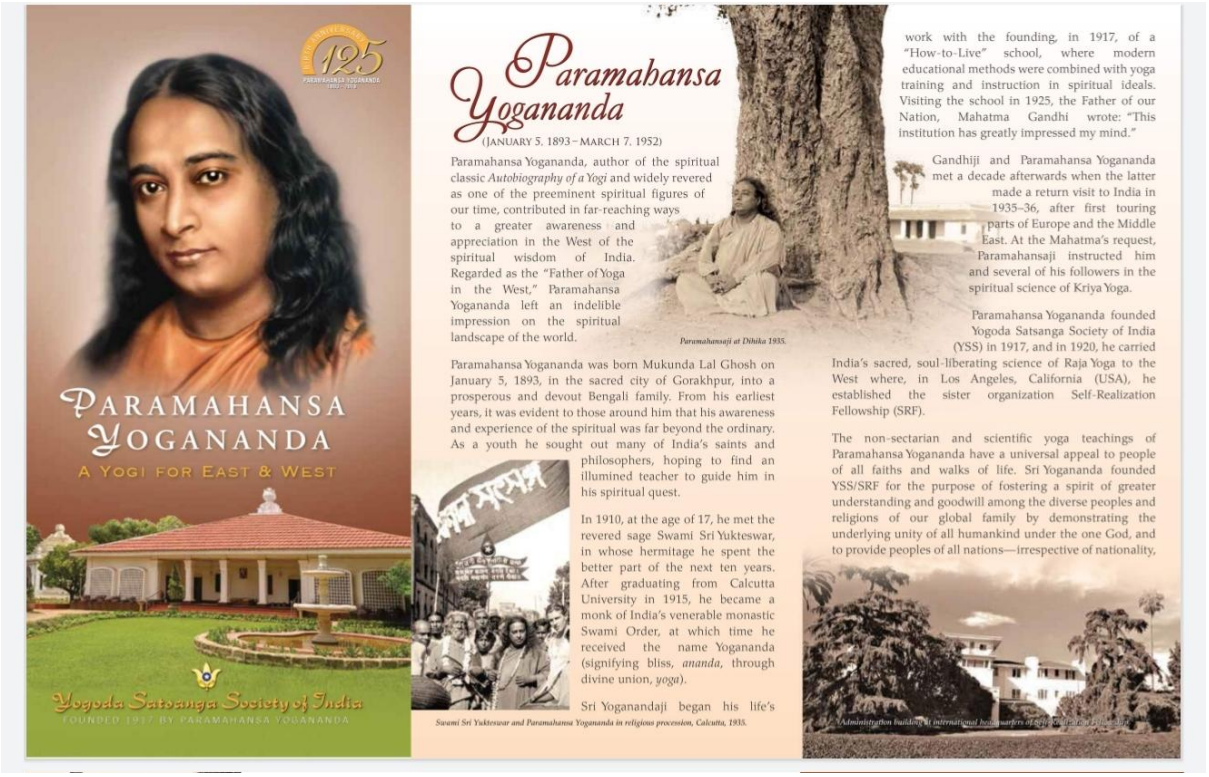
With the increasing variety of sources of information about Paramahansa Yogananda, readers sometimes inquire how they can be certain that a publication accurately presents his life and teachings. In response to these inquiries, we would like to explain that Paramahansaji founded Yogoda Satsanga Society of India/Self-Realization Fellowship to disseminate his teachings and to preserve their purity and integrity for future generations. He personally chose and trained those close disciples who head the Yogoda Satsanga Society of India/Self-Realization Fellowship Publications Council, and gave them specific guidelines for the preparation and publishing of his lectures, writings, and Yogoda Satsanga Lessons. The members of the YSS/SRF Publications Council honour these guidelines as a sacred trust, in order that the universal message of this beloved world teacher may live on in its original power and authenticity.

The Yogoda Satsanga Society of India/Self-Realization Fellowship name and the YSS/SRF emblem (shown below) were originated by Paramahansaji to identify the organisation he founded to carry on his worldwide spiritual and humanitarian work. These appear on all YSS/SRF books, audio and video recordings, films, and other publications, assuring the reader that a work originates with the organisation founded by Sri Sri Paramahansa Yogananda and faithfully conveys his teachings as he himself intended they be given.

All major Yogoda Satsanga Society of India publications have a hologram (shown right), on their cover. This assures the reader that the publication originates with the organization founded by Paramahansa Yogananda and faithfully conveys his teachings as he himself intended they be given.

Paramahansa Yogananda — A Yogi For East & West:

(A pamphlet by YSS India)



PARAMAHANSA YOGANANDA

A YOGI FOR EAST & WEST

Yogoda Satsanga Society of India

FOUNDED 1917 BY PARAMAHANSA YOGANANDA

Paramahansa Yogananda

(JANUARY 5, 1893 – MARCH 7, 1952)

Paramahansa Yogananda, author of the spiritual classic *Autobiography of a Yogi* and widely revered as one of the preeminent spiritual figures of our time, contributed in far-reaching ways to a greater awareness and appreciation in the West of the spiritual wisdom of India. Regarded as the "Father of Yoga in the West," Paramahansa Yogananda left an indelible impression on the spiritual landscape of the world.

Paramahansaji at Dihika 1935.

Paramahansa Yogananda was born Mukunda Lal Ghosh on January 5, 1893, in the sacred city of Gorakhpur, into a prosperous and devout Bengali family. From his earliest years, it was evident to those around him that his awareness and experience of the spiritual was far beyond the ordinary. As a youth he sought out many of India's saints and philosophers, hoping to find an illumined teacher to guide him in his spiritual quest.

In 1910, at the age of 17, he met the revered sage Swami Sri Yukteswar, in whose hermitage he spent the better part of the next ten years. After graduating from Calcutta University in 1915, he became a monk of India's venerable monastic Swami Order, at which time he received the name Yogananda (signifying bliss, *ananda*, through divine union, *yoga*).

Sri Yogananda began his life's work with the founding, in 1917, of a "How-to-Live" school, where modern educational methods were combined with yoga training and instruction in spiritual ideals. Visiting the school in 1925, the Father of our Nation, Mahatma Gandhi wrote: "This institution has greatly impressed my mind."

Gandhiji and Paramahansa Yogananda met a decade afterwards when the latter made a return visit to India in 1935–36, after first touring parts of Europe and the Middle East. At the Mahatma's request, Paramahansaji instructed him and several of his followers in the spiritual science of Kriya Yoga.

Paramahansa Yogananda founded Yogoda Satsanga Society of India (YSS) in 1917, and in 1920, he carried India's sacred, soul-liberating science of Raja Yoga to the West where, in Los Angeles, California (USA), he established the sister organization Self-Realization Fellowship (SRF).

The non-sectarian and scientific yoga teachings of Paramahansa Yogananda have a universal appeal to people of all faiths and walks of life. Sri Yogananda founded YSS/SRF for the purpose of fostering a spirit of greater understanding and goodwill among the diverse peoples and religions of our global family by demonstrating the underlying unity of all humankind under the one God, and to provide peoples of all nations—irrespective of nationality,

Swami Sri Yukteswar and Paramahansa Yogananda in religious procession, Calcutta, 1935.

Administration building at international headquarters of Self-Realization Fellowship

At Mahatma Gandhi's Ashram in Wardha, 1935. Yogananda is reading a note that Gandhiji (right) had just written.

race, and religion—with definite scientific Raja Yoga techniques of meditation, known as Kriya Yoga, that lead to realization of one's full potential and the divinity of the human spirit.

Autobiography of a Yogi, Paramahansaji's life story, was published in 1946 and expanded by him in subsequent editions. Recognised from the beginning as a landmark work in its field, the book has been in print continuously since its initial publication more than 72 years ago. Honoured as one of the 100 best spiritual books of the 20th century, it remains one of the most important, and most readable, works on Yoga and Eastern spiritual thought. It has been translated into 50 languages, including 13 Indian languages.

On March 7, 1952, the great guru entered *mahasamadhi*, a God-illumined master's conscious exit from the body at the time of physical death. He had just finished giving a short speech at a banquet honouring India's ambassador to the United States, Dr. Binay R. Sen, at the Biltmore Hotel in Los Angeles.

His passing was marked by an extraordinary phenomenon. A notarized statement signed by the Director of Forest Lawn Memorial-Park testified: "No physical disintegration was visible in his body even twenty days after death.... This state of perfect preservation of a body is, so far as we know from mortuary annals, an unparalleled one.... Yogananda's body was apparently in a phenomenal state of immutability."

A photograph taken an hour before Paramahansa Yogananda's mahasamadhi.

On the occasion of the twenty-fifth anniversary of Paramahansa Yogananda's passing, his far-reaching contributions to the spiritual upliftment of humanity were given formal recognition by the Government of India. A special commemorative stamp was issued in his honour, together with a tribute that read, in part:

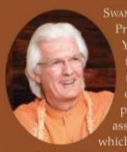
"The ideal of love for God and service to humanity found full expression in the life of Paramahansa Yogananda.... Though the major part of his life was spent outside of India, still he takes his place among our great saints. His work continues to grow and shine ever more brightly, drawing people everywhere on the path of the pilgrimage of the Spirit."

Yogananda's long-awaited interpretation of the Bhagavad Gita *(God Talks With Arjuna)*—a profoundly enriching journey into the deeper meaning of Bhagavan Krishna's counsel to aspiring yogis—was released in 1995.

Among Paramahansa Yogananda's other writings are acclaimed interpretations of Jesus' universal teachings (*The Second Coming of Christ: The Resurrection of the Christ Within You*) and the Rubaiyat of Omar Khayyam *(Wine of the Mystic: A Spiritual Interpretation)*, a multi-volume anthology series (Collected Talks and Essays on Realizing God in Daily Life), two collections of poetry and prayer, and numerous volumes of spiritual counsel. Yogoda Satsanga Society of India also publishes a series of rare audio recordings of talks given by the great guru during the latter years of his life.

An award-winning documentary feature film chronicling the extraordinary life of Paramahansaji, *AWAKE: The Life of Yogananda*, was released in 2014 and shown worldwide.

Today, 125 years after his advent on earth, Paramahansa Yogananda is being increasingly recognised as one of the great spiritual sons of Mother India, a harbinger of Yoga to the West, and an incarnation of Divine Love who embraced the whole world.



Swami Chidananda Giri is the current President and Spiritual Head of YSS/SRF. He has been a monk for forty years, and was trained for many years by close direct disciples of Paramahansa Yogananda. As president, Swami Chidanandaji is assisted by a Board of Directors, which includes other monastics who have been trained by direct disciples of Paramahansaji.

Under the direction of the President and Board of Directors, monks and nuns of YSS/SRF serve in many capacities in the society's ashram centres: publishing the writings, lectures, and informal talks of Paramahansa Yogananda, and of his close disciples; overseeing its nearly 800 temples, meditation centres, and retreats; conducting annual lecture and class series in cities throughout the world; coordinating the Worldwide Prayer Circle, a network of groups and individuals dedicated to praying for those in need of physical, mental, or spiritual aid, and for global peace and harmony; and providing spiritual counsel and guidance—by phone, letter, and in person—to students of the Yogoda Satsanga/Self-Realization Fellowship teachings. Many dedicated YSS/SRF lay members also serve Paramahansa Yogananda's worldwide work in indispensable ways—working with the monastics at the YSS/SRF ashram centres, and carrying many responsibilities in the meditation centres around the world.

yssofindia.org

Copyright © 2018 Yogoda Satsanga Society of India/Self-Realization Fellowship. All rights reserved.

The printing of this leaflet is supported by the Ministry of Culture, Government of India.

YSS Ashrams and Centres:

Spiritual seekers are welcome to visit Yogoda Satsanga Society of India's more than 200 Kendras, Mandalis, Retreats, Ashrams throughout India and Nepal. Join us for weekly services, group meditations, and other inspirational programmes. Sunday School classes for children are also offered at many locations.

Since some smaller groups may not be listed here, please feel free to contact YSS Sakha Math, Ranchi for additional information for locations near you.

Candlelit Dhyana Mandir, Ranchi

YSS Ashrams:

Yogoda Satsanga Sakha Math, Ranchi:

Yogoda Satsanga Sakha Math, Paramahansa Yogananda Path

Ranchi 834 001

Phone: +91 (651) 6655 555

Website Link: https://ranchi.yssashram.org/

For the last hundred years, Yogoda Satsanga Society of India (YSS) has been dedicated to carrying on the spiritual and humanitarian work of its founder, Paramahansa Yogananda, widely revered as the father of Yoga in the West.

It was here, in Ranchi, in 1917, that Paramahansa Yogananda began his life's work with the founding of an ashram and a "How-to-Live" school for boys, and to make available the universal teachings of Kriya Yoga.

We invite you to visit our ashram centres, and retreats, where the natural beauty and peaceful atmosphere offer refreshment to mind and spirit. You are welcome also to attend the lecture services and meditations at our ashram centres. Monks of the Society are available for spiritual counsel and to provide guidance in the study and practice of the Yogoda Satsanga teachings.

Paramahansa Yogananda's Room

The living quarters of great Guru during the early years is preserved as a shrine. The room is open to all for private meditation throughout the day. Inside the room are the hand and foot impressions of the Guru brought from the SRF International Headquarter, Los Angeles, California. An exhibit of some of Guruji's personal belongings including the rose flower from his Mahasamadhi is on display outside Guruji's room.

In his letter to Rajarsi Janakananda, Guruji wrote, "I have sprinkled the invisible nectar of my spiritual attainment mostly at Mt. Washington [International Headquarters of Self Realization Fellowship in Los Angeles, California] and Ranchi…." …Paramahansa Yogananda

Litchi Vedi

The Litchi Vedi is one of the sacred places associated with our divine Gurudeva in the Ranchi Ashram. It was under the shady canopy of this large litchi tree that great Guru frequently held outdoor classes and satsangas for the boys who attended the school founded by him. Because the spot is so closely associated with Paramahansa Yoganandaji, for many decades the tree with a large picture of Paramahansaji enshrined underneath its boughs has been a favourite place of pilgrimage and meditation for YSS/SRF members.

Recently, scientists have discovered a remarkable physical fact about this spiritually beloved tree: It has been scientifically recognised as a unique variety never before documented by horticulturists and officially named after Paramahansa Yogananda. The name is now listed as Litchi Cultivar Yogananda Selection.

Smriti Mandir Ranchi

Smriti Mandir

In his Autobiography, Paramahansaji writes: “America! Surely these people are Americans!” This was my thought as a panorama of Western faces passed before my inward view. Immersed in meditation, I was sitting behind some dusty boxes in the storeroom of the Ranchi school….The vision continued; a vast multitude, gazing at me intently, swept act like across the stage of consciousness.

On this very sacred spot stands the Smriti Mandir, a tall octagonal all marble temple with decorative lace wall on all the sides and a large lotus dome, a memorial to the world wide mission that took its first step there.

Retreats

The retreat is open year round (except during Sharad Sangam) for YSS members and friends who wish to come for a period of spiritual renewal. Special monastics lead retreats are conducted from time to time throughout the year on the teachings of Paramahansa Yogananda. Although these retreats are structured for those who are familiar with the teachings, anyone interested is welcome to enquire at the reception.

Ranchi Ashram Meditation garden

Meditation Gardens

The ashram campus offers several beautifully landscape gardens with varieties of plants and trees. These gardens offer an opportunity to let go and relax in body, mind, and spirit. Several meditation benches are provided for those who want to meditate or just absorb the peace and tranquillity of this spiritual place.

Yogoda Satsanga Ashram, Dakshineswar:

21, U. N. Mukherjee Road, Dakshineswar, Kolkata – 700 076.

Tel. +91 (33) 2564 5931, +91 (33) 2564 6208, +91 8420873743, +91 9073581656

Registered office of Yogoda Satsanga Society of India.

Email: yssdak@yssi.org

Website Link: dakshineswar.yssashram.org

Paramahansa Yogananda wrote to Rajarsi Janakananda from Calcutta during his visit to India in 1935-36, " You would be pleased to know that I have been working incessantly for creating a permanent centre in Calcutta, the crown city of Bengal, and I think I am almost successful." (Rajarsi Janakananda-A Great Western Yogi). Later, he wrote in his Autobiography of a Yogi, "A stately Yogoda Math in Dakshineswar, fronting the Ganges, was dedicated in 1939. Only a few miles north of Calcutta, the hermitage affords a haven of peace for city dwellers. The Dakshineswar Math is the headquarters in India of the Yogoda Satsanga Society and its schools, centres, and ashrams in various parts of India."

The Math was originally a 'garden house' sprawling over two acres of land, with stables which were converted into working areas. There was a sizeable pond which is still being maintained. In recent years, a guest house, kitchen and dining areas were added for the convenience of visiting devotees from India and abroad, as envisaged by our Divine Guru.

Dakshineswar is situated north of Kolkata (Calcutta), along the eastern bank of the Hoogly river- as Mother Ganges is known around these parts. The name Dakshineswar is derived from the famous Kali temple in the neighbourhood which faces south or Dakshin. Climate is mostly warm and humid but cool in November-February.

The Math has been blessed by the presence of Sri Sri Daya Mata ji and Sri Sri Mrinalini Mata ji, who stayed here during their many visits to India.

Yogoda Satsanga Sakha Ashram, Dwarahat:

DWARAHAT – 263653, Dist. Almora, Uttarakhand

Phones: +91 9756082167, +91 9411708541

Call Timing: 8:30 a.m – 4:30 p.m

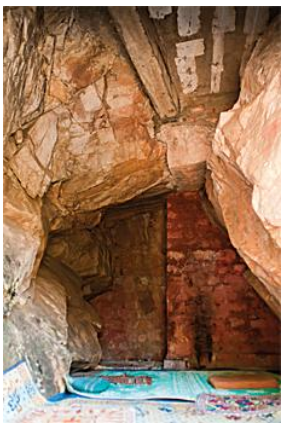
E-mail: yssdwtaccom@gmail.com

Website Link: https://dwarahat.yssashram.org

Dwarahat is a small town in Almora district in the Kumaon region of Uttrakhand State. It has an average altitude of 5000 ft (1500 m). The climate is cool all round the year and is especially cold in the winter months (November-February).

The YSS Ashram is located about 1.5 km from the Dwarahat town and is surrounded by pine forest on all sides. On the way from town to the Ashram, to the right is the Government Rest House where Sri Daya Mataji had stayed during her visit to the cave in 1963-64 as the YSS ashram had not been built then.

Mahavatar Babaji's Cave



To understand the historical Significance of the cave, it is suggested that devotees read Chapter 34 “Materialising a Palace in the Himalayas” from the Autobiography of a Yogi, and “A Blessing from Mahavatar Babaji” from Only Love by Sri Sri Daya Mata.

Babaji's Cave area is the place where Babaji initiated Lahiri Mahasaya in 1861 and is the birth of Kriya Yoga in this Dwapara Yuga. All the Kriyabans in the world can trace their lineage to this event. (2011 – The 150th Anniversary of Kriya Yoga)

The cave is on the Pandukholi Mountain beyond the hamlet of Kukuchina (25 km from Dwarahat).

The mountain path to the cave has been renovated. The climb to the cave takes about one hour for the average person. During the rains there are a few streams along the way which feed the Gogash River mentioned in Autobiography of a Yogi.

The journey to the cave and back from the Ashram takes about Six to Eight hours.

Please contact Dwarahat Ashram for more details.

Yogoda Satsanga Sakha Ashram, Noida:

Yogoda Satsanga Sakha Ashram, Noida, Paramahansa Yogananda Marg

B – 4, Sector 62, NOIDA 201307

Dist. Gautambudhanagar, Uttar Pradesh; Mobile: +91 9899811808 , +91 9899811909

E-mail: noidaashram@yssi.org

Website Link: https://noida.ysskendra.org/

Yogoda Satsanga Sakha Ashram – Noida was inaugurated in January 2010 after the completion of its first phase of construction. Built on a 5 acre plot barely 4 k.m. from the Delhi-U.P border, this phase consists of an Administration Block and two Retreat Blocks.

The Administration Block is a 3-storey building with a full basement. It includes a Dhyana Mandir, Reception, Books/Library, Counselling Rooms, Kitchen/Dining, Offices, rooms for sannyasis, and for devotees transiting through the National Capital Region, for up to 3 days requiring advance booking.

The two Retreat Blocks, separate for men and women, and with 30 single rooms each, are a speciality of this ashram built with a focus on individual and conducted spiritual retreats. Devotees are invited to stay for 3-6 days of Individual Retreats with silence, study and sadhana, as also counselling by resident monastics. In addition, there are regular Conducted Retreats, lead by monastics, mostly over weekends. These consist of 3-5 days and are structured around specific themes from our Divine Guru's teachings, how-to-live principles, and techniques of concentration and meditation. Advance booking is required in both cases.

Sangams, both big and small, are also being held in the Ashram.

In addition, there are retreats and meditation centres. See website (yssofindia.org) for details.

Ref: yogananda.org

About Self Realisation Fellowship (SRF)…

founded by Paramahansa Yogananda in 1920.

SRF lessons:

A progressive home-study program that transforms your life in ways you might never imagine

The SRF Lessons are a transmission of sacred knowledge that will uplift and transform all aspects of your life: a progressive, home-study program teaching meditation techniques and the essence of spirituality handed down through a renowned lineage of yoga masters — Mahavatar Babaji, Lahiri Mahasaya, Swami Sri Yukteswar, and Paramahansa Yogananda — and available to you.

As far as you want to go along the spiritual path, I can show you; and if you practice the techniques in the Lessons you will never feel stagnation in your progress….

Paramahansa Yogananda

You will learn the ancient techniques of Kriya Yoga meditation

The Lessons were originated by Paramahansa Yogananda. At the core of his teachings is a powerful system of meditation techniques: the Kriya Yoga science of meditation. This ancient science of the soul—to which millions have been introduced by Autobiography of a Yogi and other books by him—provides powerful methods for awakening higher spiritual consciousness and the inner bliss of divine realization.

From the very first Lesson, you receive definite methods by which you can experience the benefits of meditation immediately.

While building a solid foundation for deep meditation, you will learn three powerful techniques taught by Paramahansa Yogananda as necessary first steps in the comprehensive spiritual science of Kriya Yoga:

Energization Technique and Exercises:

The unique series of Energization Exercises developed by Paramahansa Yogananda enables one to draw energy consciously into the body from the Cosmic Source. This technique of life-energy control purifies and strengthens the body and prepares it for meditation, making it easier to direct the energy inward in order to reach higher states of consciousness. Regular practice also promotes mental and physical relaxation and develops dynamic will power.

Hong-Sau Technique of Concentration:

This ancient and powerful technique helps to develop the mind’s latent powers of concentration. Through regular practice one learns to withdraw thought and energy from outward distractions so that they may be focused on any goal to be achieved or problem to be solved. Or one may direct the concentrated attention that results from successful practice toward realizing the Divine Consciousness within.

Aum Technique of Meditation:

Once the student has learned, through the practice of the previous techniques, to relax the body and focus the mind, this advanced meditation technique expands the awareness beyond limitations of body and mind to the joyous realization of one's infinite potential.

Receiving Kriya Yoga:

All sincere seekers of spiritual consciousness— regardless of religious affiliation—can receive the above techniques in the basic series of the SRF Lessons. After learning and practicing these three basic techniques during the first eight months of Lessons study, those who wish may apply for initiation into Kriya Yoga. Initiation entails a deeper commitment to this path. Study and practice of the basic Lessons will enable you to determine if you wish to make that commitment.

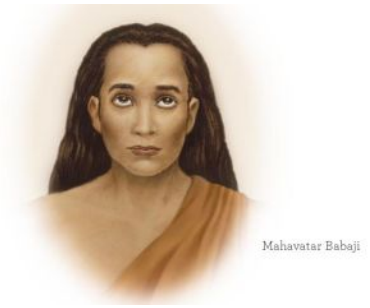
Whether or not one decides to go on to receive Kriya Yoga, all who are earnest in their application of the techniques taught in the basic series of Lessons can build for themselves a profoundly rewarding meditation practice. They will be able to prove for themselves Paramahansa Yogananda's assurance that the highest states of divine consciousness can be attained through the basic techniques listed above—though Kriya Yoga is the fastest and most effective method.

A history of the SRF/YSS Gurus:

Here, we give very briefly info about Mahavatar Babaji, Lahiri Mahasaya and Sri Yukteswar Giri. For more details, see the website (yogananda.org).

Mahavatar Babaji:

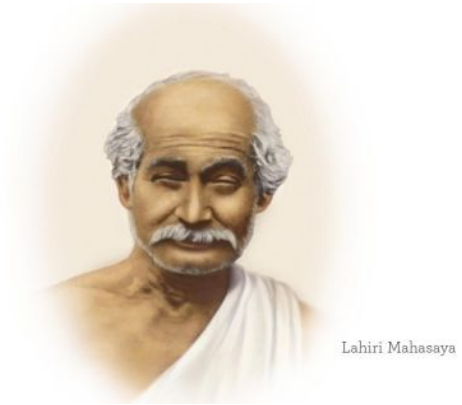
There are no historical records relating to the birth and life of Mahavatar Babaji. Paramahansa Yogananda has written in Autobiography of a Yogi that the deathless avatar has resided for untold years in the remote Himalayan regions of India, revealing himself only rarely to a blessed few.


Mahavatar Babaji

It is Mahavatar Babaji who revived in this age the lost scientific meditation technique of Kriya Yoga. In bestowing Kriya initiation on his disciple Lahiri Mahasaya, Babaji said, “The Kriya Yoga that I am giving to the world through you in this nineteenth century is a revival of the same science that Krishna gave millenniums ago to Arjuna; and that was later known to Patanjali and Christ, and to St. John, St. Paul, and other disciples.”

Shortly before Paramahansa Yogananda left for America in 1920, Mahavatar Babaji came to Paramahansaji’s father’s home in Kolkata, where the young monk sat deeply praying for divine assurance regarding the mission he was about to undertake. Babaji said to him: “Follow the behest of your guru and go to America. Fear not; you shall be protected. You are the one I have chosen to spread the message of Kriya Yoga in the West

Lahiri Mahasaya:


Lahiri Mahasaya

Lahiri Mahasaya was born on September 30, 1828, in the village of Ghurni in Bengal, India. At the age of thirty-three, while walking one day in the Himalayan foothills near Ranikhet, he met his guru, Mahavatar Babaji. It was a divine reunion of two who had been together in many lives past; at an awakening touch of blessing, Lahiri Mahasaya became engulfed in a spiritual aura of divine realization that was never to leave him.

Mahavatar Babaji initiated him in the science of Kriya Yoga and instructed him to bestow the sacred technique on all sincere seekers. Lahiri Mahasaya returned to his home in Banaras to fulfill this mission. As the first to teach the lost ancient Kriya science in contemporary times, he is renowned as a seminal figure in the renaissance of yoga that began in modern India in the latter part of the nineteenth century and continues to this day.

Paramahansa Yogananda wrote in Autobiography of a Yogi: “As the fragrance of flowers cannot be suppressed, so Lahiri Mahasaya, quietly living as an ideal householder, could not hide his innate glory. Devotee-bees from every part of India began to seek the divine nectar

of the liberated master....The harmoniously balanced life of the great householder-guru became the inspiration of thousands of men and women."

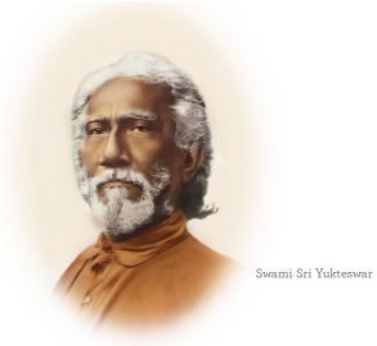
As Lahiri Mahasaya exemplified the highest ideals of Yoga, union of the little self with God, he is reverenced as a Yogavatar, or incarnation of Yoga.

Paramahansa Yogananda's parents were disciples of Lahiri Mahasaya, and when he was but a babe in arms his mother carried him to the home of her guru. Blessing the infant, Lahiri Mahasaya said, "Little mother, thy son will be a yogi. As a spiritual engine, he will carry many souls to God's kingdom."

Lahiri Mahasaya established no organization during his lifetime, but made this prediction: "About fifty years after my passing, an account of my life will be written because of a deep interest in Yoga that will arise in the West. The message of Yoga will encircle the globe. It will aid in establishing the brotherhood of man: a unity based on humanity's direct perception of the one Father."

Lahiri Mahasaya entered mahasamadhi in Banaras, September 26, 1895. Fifty years later, in America, his prediction was fulfilled when an increasing interest in yoga in the West inspired Paramahansa Yogananda to write Autobiography of a Yogi, which contains a beautiful account of Lahiri Mahasaya's life.

Swami Sri Yukteswar:



Swami Sri Yukteswar was born on May 10, 1855, at Serampore in Bengal, India. Sri Yukteswar was a disciple of Lahiri Mahasaya and attained the spiritual stature of a Jnanavatar, or incarnation of wisdom.

Sri Yukteswar recognized that a synthesis of the spiritual heritage of the East with the science and technology of the West would do much to alleviate the material, psychological, and spiritual suffering of the modern world. These ideas were crystallized by his remarkable encounter with Mahavatar Babaji, the guru of Lahiri Mahasaya, in 1894.

"At my request, Swamiji," Babaji said to him, "will you not write a short book on the underlying harmony between Christian and Hindu scriptures? Their basic unity is now obscured by men's sectarian differences. Show by parallel references that the inspired sons of God have spoken the same truths."

Sri Yukteswar recounted: "In the quiet of night I busied myself over a comparison of the Bible and the scriptures of Sanatan Dharma. Quoting the words of the blessed Lord Jesus, I showed that his teachings are in essence one with the revelations of the Vedas. Through the grace of my paramguru, my book, The Holy Science, was finished in a short time."

It was to Swami Sri Yukteswar that Paramahansa Yogananda came as a youth. The great guru told his young disciple that, during their meeting in 1894, Mahavatar Babaji had informed him: “You, Swamiji, have a part to play in the coming harmonious exchange between Orient and Occident. Some years hence I shall send you a disciple whom you can train for yoga dissemination in the West. The vibrations there of many spiritually seeking souls come floodlike to me. I perceive potential saints in America and Europe, waiting to be awakened.”

After relating this, Sri Yukteswar told Yogananda, “My son, you are the disciple that, years ago, Babaji promised to send me.”

Under Sri Yukteswar’s spiritual training and discipline, Sri Yogananda was prepared to begin his worldwide mission in the West. Sri Yukteswar named Paramahansa Yogananda sole heir to his spiritual mantle and ashram properties.

Swami Sri Yukteswar entered mahasamadhi on March 9, 1936, during Paramahansaji’s visit to India after 15 years in America.

SRF- Temples, retreats, and other facilities in America:(Ref: Wikipedia)

Headquarters of SRF at Mt. Washington at 3880 San Rafael Ave., Los Angeles, CA

Gateway to the Self-Realization Fellowship Temple in Hollywood in Central Los Angeles, California

SRF Lake Shrine looking toward the golden lotus-topped Gandhi memorial on Sunset Blvd., Pacific Palisades, Los Angeles, California

Self-Realization Fellowship has over 500 temples, retreats, ashrams, centers, and meditation circles around the world.[21] In the U.S., there are seven temples in California: Berkeley, Glendale, Hollywood, Fullerton, Encinitas, Pacific Palisades, and San Diego. In Arizona there is a temple in Phoenix. Retreat centers are located in Pacific Palisades, CA (Lake Shrine), Encinitas, CA, Valley Center, CA (Hidden Valley Ashram, for men only), Greenfield, VA (Front Royal). In Europe, there is a retreat center in Bermersbach, Germany. There is also a retreat in Armação, Brazil. There are meditation centers and circles located in 54 countries.[21]

SRF also has a sister organization in India called Yogoda Satsanga Society of India, founded by Yogananda in 1917, and headquartered in Dakshineswar (near Calcutta). YSS oversees 200 kendras, mandalis, retreats, and ashrams throughout India and Nepal, including meditation centers, 21 educational institutions, and a variety of charitable facilities.[22]

A 2007 view looking north along Swami's beach in Encinitas, the red-roofed building on top of the point is the hermitage where Yogananda wrote "Autobiography of a Yogi"

Encinitas:

After his return from India in 1936, Paramahansa Yogananda took up residence at the SRF hermitage in Encinitas, California which was a surprise gift from his disciple Rajarsi Janakananda.[23][24] It was while at this hermitage that Yogananda wrote his famous Autobiography of a Yogi and other writings plus creating an "enduring foundation for the spiritual and humanitarian work of Self-Realization Fellowship/Yogoda Satsanga Society of India."[25][26] This property now includes an ashram and a retreat center. A main temple and an overflow temple are nearby on **Second St.**

Hollywood:

In 1942 Yogananda formally opened the SRF Hollywood Temple on Sunset Blvd., Hollywood, California which is the oldest SRF temple in the US.[27] Meghan Markle, Duchess of Sussex's parents, Doria Ragland and Thomas Markle Sr. were married by Brother Bhaktananda at Paramahansa Yogananda's Self-Realization Fellowship temple in Hollywood, California on 23 December 1979.[28]

SRF San Diego

A view of Cypress trees at SRF San Diego Temple hand planted by Paramahansa Yogananda.

San Diego. Paramahansa Yogananda established an oasis of peace in San Diego on 5 September 1943, during the conflict of World War II. Located in San Diego's Bankers Hill neighborhood, the Self-Realization Fellowship San Diego Temple is just minutes from downtown. The thriving cypress trees lining the front walkway of the temple were planted by Yogananda himself. He dedicated the Temple as a Church of All Religions with the following prayer:[29]

Heavenly Father, may this church be blessed with the vibrations of Self-perception of Thy presence, and when we discuss theology and philosophy, may we not get sidetracked by the pitfalls of intellectual egotism and blind emotion, but travel straight to the highway of Self-Realization and truth which leads to Thee.

Pacific Palisades. The Self-Realization Fellowship Lake Shrine lies a few blocks from the Pacific Ocean, on Sunset Boulevard in Pacific Palisades, California. It was dedicated by Yogananda, on 20 August 1950[30] The site has lush gardens, a large, natural spring-fed lake which is framed by natural hillsides, and is home to a variety of flora and fauna, including swans, ducks, koi, water turtles, and lotus flowers. The entire property is a natural amphitheater.[31] Many thousands of visitors come each year to enjoy the scenic beauty and serenity of this spiritual sanctuary. One noticeable landmark, visible from all parts of the grounds, is the huge golden lotus archway, painted white topped with enormous gold lotus blossoms. The archway frames the Mahatma Gandhi World Peace Memorial, an outdoor shrine where an authentic 1,000-year-old Chinese stone sarcophagus holds a portion of the ashes of Mahatma Gandhi himself.[31]

Twentynine Palms:

Yogananda spent most of the last four years of his life in seclusion at his desert ashram in Twentynine Palms, California with some of his inner circle of disciples. There he completed his legacy of writings, including the revisions of his books, articles and lessons written previously.[32]

Ref: iamfearlesssoul.com

21 Paramahansa Yogananda Quotes -

to Unveil Your Inner Light

Paramahansa Yogananda was one of the most influential spiritual gurus to ever grace the world with their profound wisdom.

His book, Autobiography of a Yogi, gives a first hand account of his life experiences and has sold millions of copies around the world. And was included in the 100 best spiritual books of the 21st century.

Whether you want to be more peaceful in life or get past any obstacles in relationship or career, the only thing you need is spiritual strength.

Here are 21 powerful Paramahansa Yogananda quotes to help you discover your inner light.

1. When the mind is calm, how quickly, how smoothly, how beautifully you will perceive everything. – Paramahansa Yogananda Quotes

When the mind is imbalanced, it's hard to perceive the truth about any situation. Balance your mind by being in the present – meditate, breathe deeply, and ground yourself into the present moment.

2. If you want to be sad, no one in the world can make you happy. But if you make up your mind to be happy, no one and nothing on earth can take that happiness from you.

Our happiness is in our own hands, we are the creator of our life. When we blame others, we give our power away.

3. Change yourself and you have done your part in changing the world.

People talk about doing big things, leaving a legacy, and make a difference in the world. But every extraordinary change comes from within you.

4. It takes a long time-many incarnations of right action, good company, help of the guru, self-awakening, wisdom, and meditation-for man to regain his soul consciousness of immortality. To reach this state of Self-realization, each man must practice meditation to transfer his consciousness from the limited body to the unlimited sphere of joy felt in meditation. – Paramahansa Yogananda Quotes

Practice meditation to go beyond the nuisances of the thinking mind. You are not your thoughts.

5. Never do anything that taints your mind. Wrong actions cause negative or evil mental vibrations that are reflected in your whole appearance and personality. Engage in those actions and thoughts that nurture the good qualities you want to have.

We need to act in harmony with our values or we will suffer from anxiety, guilt, and self-destructive behaviors.

6. Mind is the creator of everything. You should therefore guide it to create only good. If you cling to a certain thought with dynamic will power, it finally assumes a tangible outward form. When you are able to employ your will always for constructive purposes, you become the controller of your destiny.

Tame your mind and it will be your best friend. Leave it untamed and you will eventually work against yourself.

7. Incredible amounts of energy are hidden in your brain; enough in a gram of flesh to run the city of Chicago for 2 days. And you say you are tired?

A huge reservoir of energy inside us becomes accessible when we build spiritual strength.

8. People are running, running, but there is no place in the world to which they can flee to escape themselves. Ultimately, each one must face himself. – Paramahansa Yogananda Quotes

You can't run from yourself. Face your obstacles. Take one small step at a time and soon you'll come out stronger on the other side.

9. Do not take life's experiences too seriously. For in reality they are nothing but dream experiences. Play your part in life, but never forget that it is only a role.

Never be too serious in life. When time gets tough, know that you can still be peaceful by controlling your own mind and emotions.

10. Having lots of money while not having inner peace is like dying of thirst while bathing in the ocean. – Paramahansa Yogananda Quotes

Money is a means to create things. But there are a lot of people in the world who lost their mind and made a hell out of their lives after they made a big fortune.

11. I don't want people to think that they can attain realization simply by listening to others or by reading books. They must practice what they read and hear.

Knowledge isn't enough. You must take action.

12. By the practice of meditation, you will find that you are carrying within your heart a portable paradise.

Everything you experience, you experience with your mind. If you can learn to control your mind with the help of meditation, you'll discover that being blissful is natural.

13. Your trials did not come to punish you, but to awaken you – to make you realise that you are a part of Spirit and that just behind the sparks of your life is the Flame of Infinity. – Paramahansa Yogananda Quotes

Everyone faces difficulties and everyone needs love and support of others to overcome them. It shows that we all come from the same Source.

14. The season of failure is the best time for sowing the seeds of success.

Steve Jobs said that when he was fired from Apple, it led him to one of his more creative periods in life and that's when he founded Pixar, the world's greatest animation company.

15. Be as simple as you can be; you will be astonished to see how uncomplicated and happy your life can become.

Keep things very simple. Complicating and overthinking things keeps you in your head. Get out of your head – feel, be, live!

16. Is a diamond less valuable because it is covered with mud? God sees the changeless beauty of our souls. He knows we are not our mistakes. – Paramahansa Yogananda Quotes

We all have greatness inside us because we come from the same source. Be gentle with yourself when you make mistakes because it's just a step in your evolution.

17. I am no longer the wave of consciousness thinking itself separated from the sea of cosmic consciousness. I am the ocean of Spirit that has become the wave of human life.

No matter where you are in life – whatever background, education, family, culture, or desires you have – you are the part of the same whole that humanity is.

18. Success is hastened or delayed by one's habits. It is not your passing inspirations or brilliant ideas so much as your everyday mental habits that control your life.

Habits are the pillars on which your dreams will be built. So create healthy habits to create a healthy mind.

19. It is better to meditate a little bit with depth than to mediate long with the mind running here and there. If you do not make an effort to control the mind it will go on doing as it pleases, no matter how long you sit to meditate. – Paramahansa Yogananda Quotes

Put in the effort to still your mind. Do one thing at a time or you'll never really enjoy anything. The best moments in life are those when we are so engrossed in doing things that we lose sense of time.

20. No action is ever an isolated event. Always, it invites from the universe a reaction that corresponds exactly to the type and the force of energy behind the deed.

Every action you take is your karma and brings corresponding results. The lesson here is to commit yourself to the things you want to achieve in life.

21. When you make up your mind to do good things, you will accomplish them if you use dynamic will power to follow through. No matter what the circumstances are, if you go on trying, God will create the means by which your will shall find its proper reward.

Dynamic will means that you will fall down seven times and get up eight. It means taking a firm resolve to achieve a very specific, worthwhile goal and not giving up. Will is the switch you use to interact with the world. How you direct your will determines the results you create.

Ref: tripadvisor.in: Photos of YSS of India- Ranchi Ashram

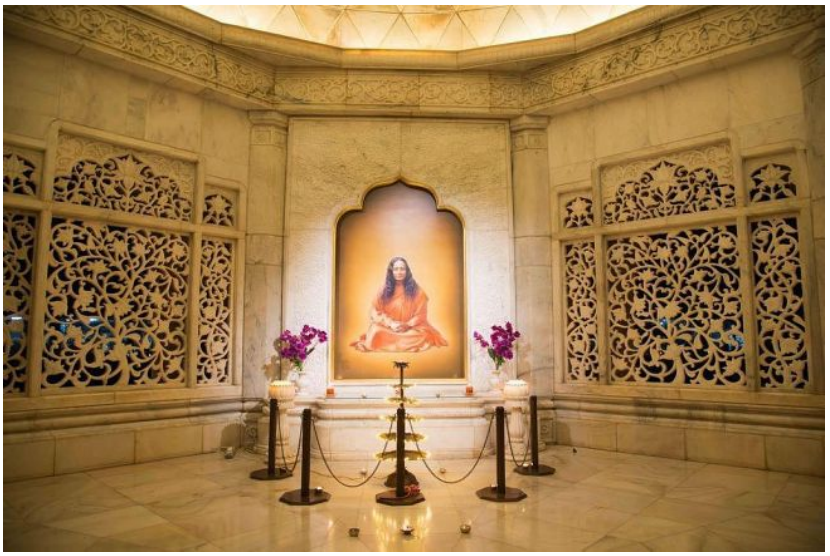
V2651KKjoycel
San Francisco, California
89 60

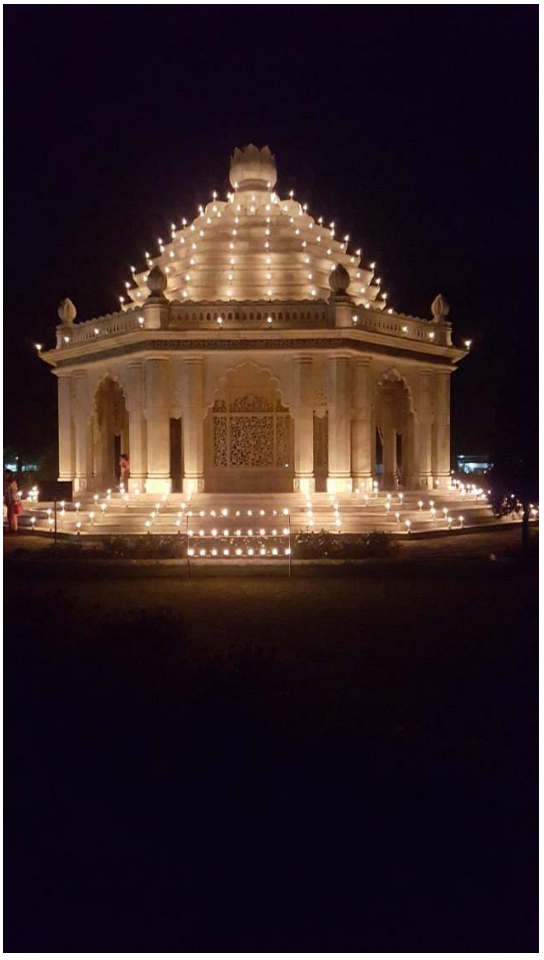
Ashram founded by Paramanhansa Yogananda

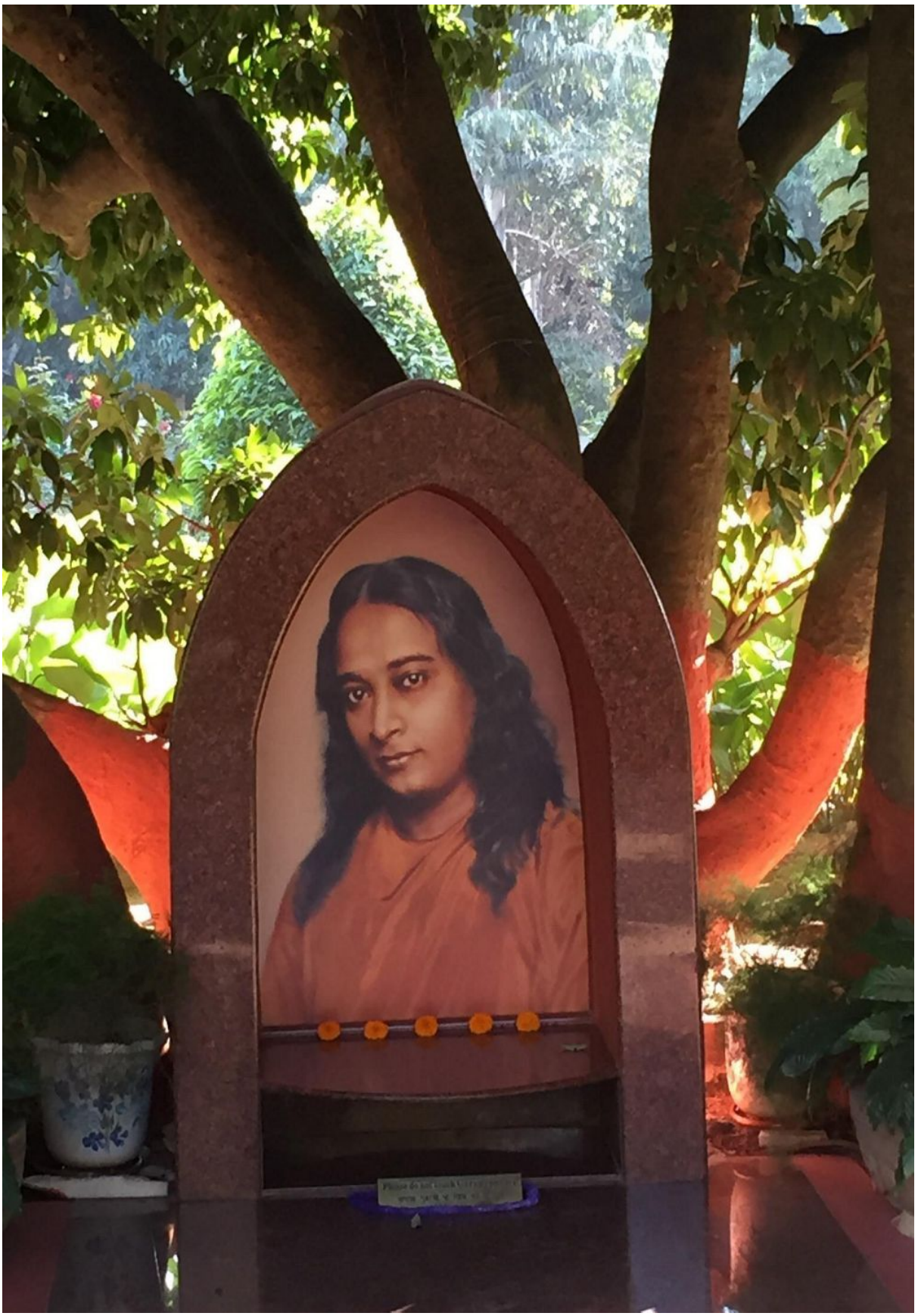
Review of **Yogoda Satsanga Society of India - Ranchi Ashram**

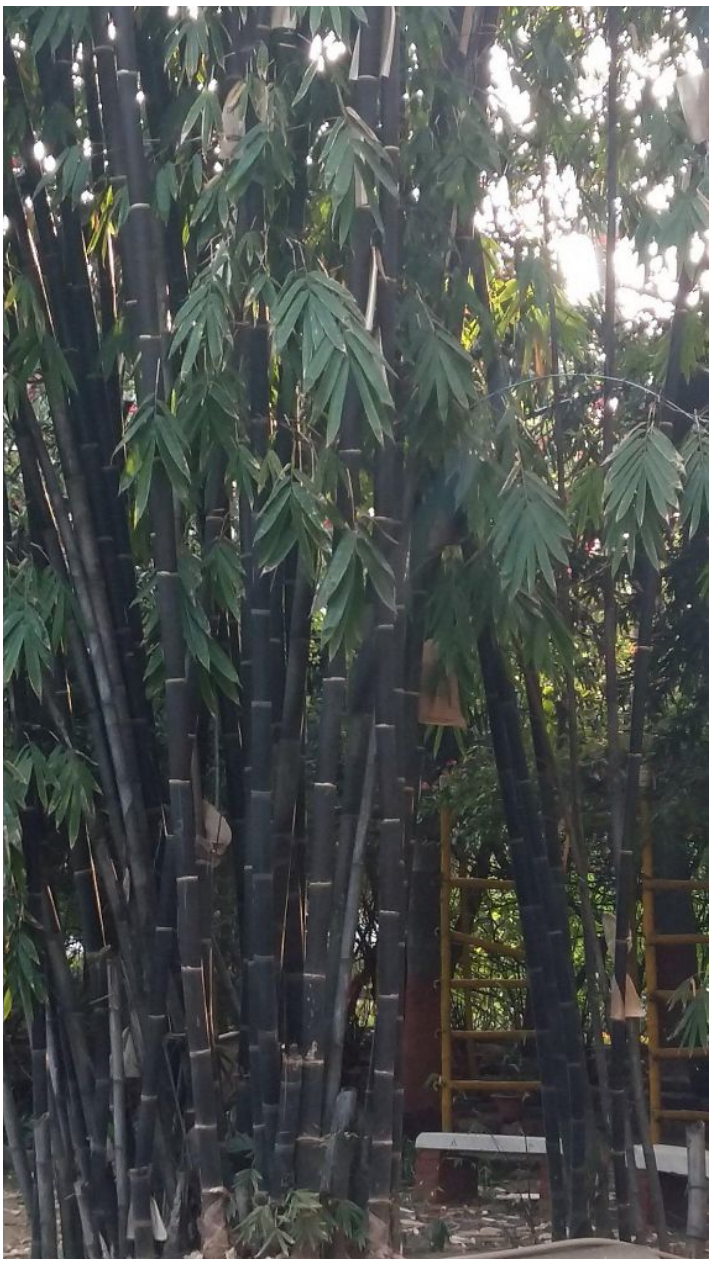
Reviewed 25 March 2019 via mobile

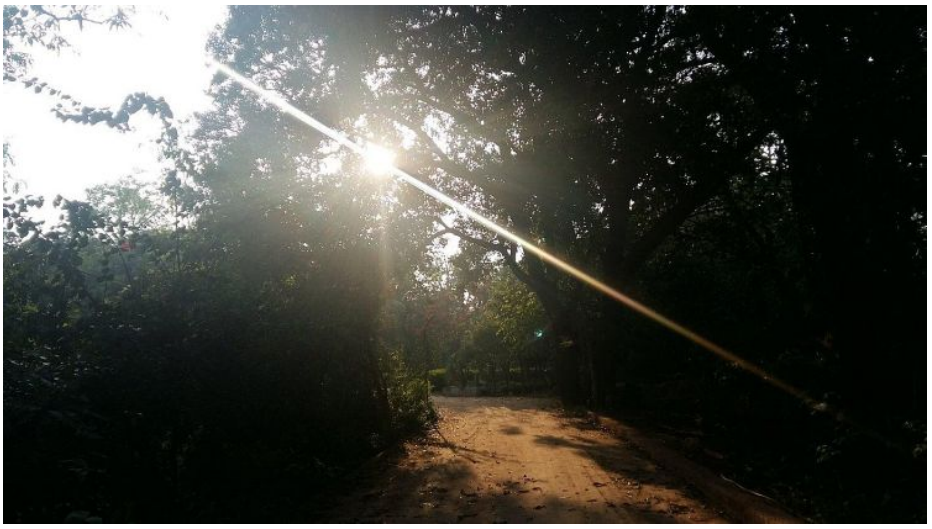
It was here, in Ranchi, in 1917, that Paramahansa Yogananda began his life's work with the founding of an ashram and a "How-to-Live" school for boys, and to make available the universal teachings of Kriya Yoga.
The gated property is a santuary, retreat, monastery, museum, shrines, meditation grounds & temples for monastics, householders, locals & foreigners. It now includes an administration building by the front entry. And the former admin building-ashram is now a museum and mandir where Paramansa Yoganda's personal meditation room is open for devotees to meditate in. The side room is a mandir dedicated to Sri Daya Mataji.
YSS is not an attraction or sightseeing destination but a place to reflect, meditate & retreat for peace, tranquility, personal improvement, and meditation specific to Yagoda Satsanga Society and Self Realization Fellowship.





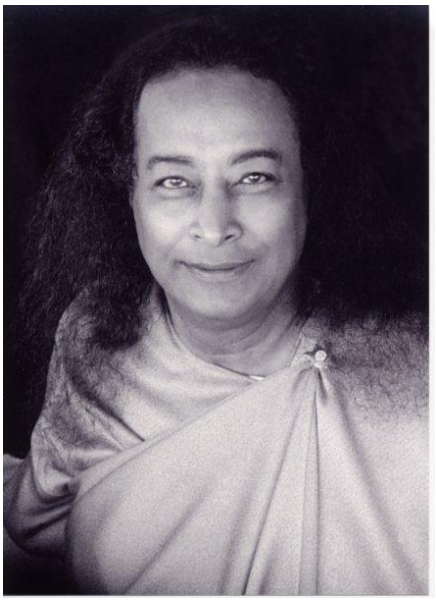


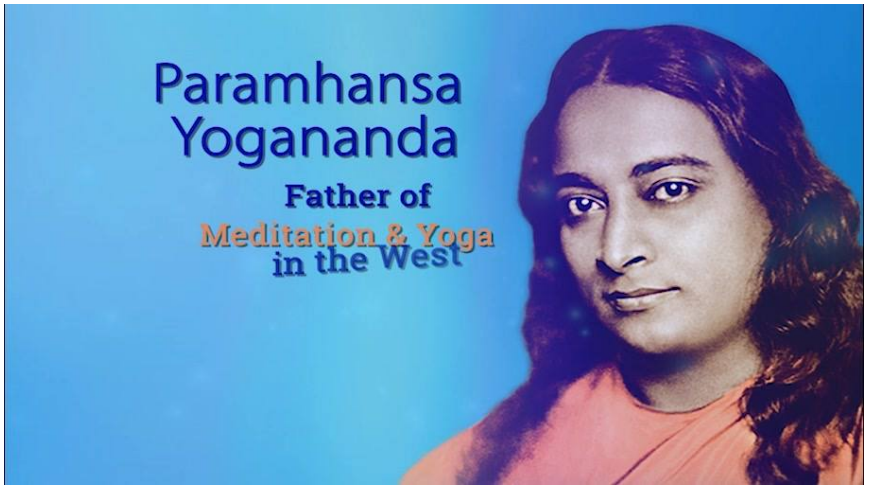


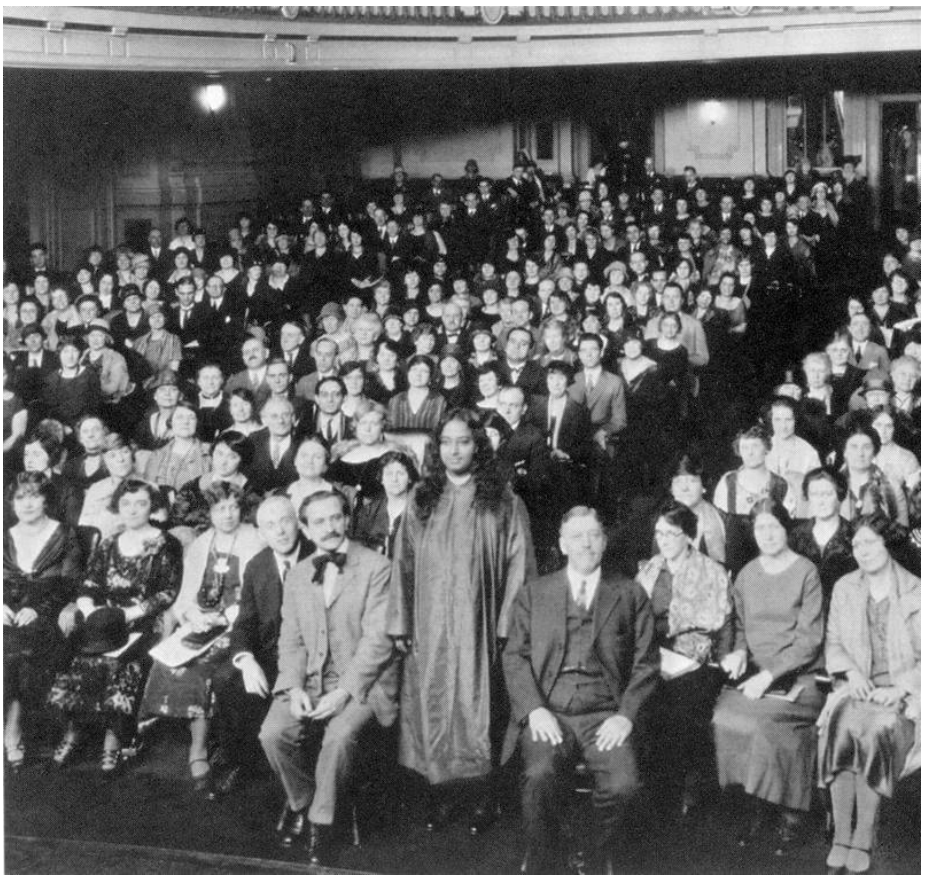


This tree is sacred to the
memory of Sri Sri Paramahansa Yogananda,
founder of Yogoda Satsanga Society of India.
Under its sheltering branches he taught classes
in Yogoda to devotees and students of his
Ranchi School from 1917 until his departure
for the West in 1920.
इस पावन लीची वृक्ष के साथ योगदा सत्संग
सोसाइटी के संस्थापक श्री श्री परमहंस
योगानन्द जी की पुण्य स्मृति जुड़ी हुई है।
सन् १९१७ से सन् १९२० तक अपने
अमेरिका प्रस्थान से पहले इसी पवित्र वृक्ष
की आश्रयदायिनी शाखाओं की छाँव में
परमहंसजी अपने छात्रों और भक्त जनों
को योग की शिक्षा दिया करते थे।

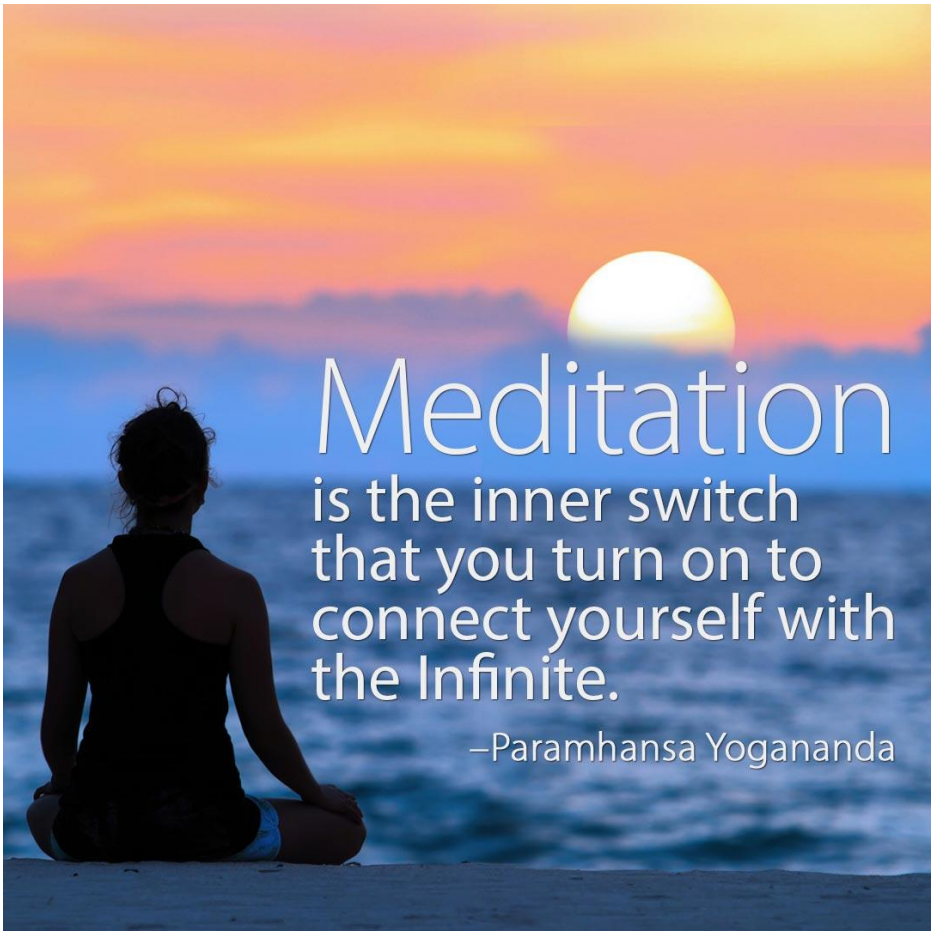
Ref: FaceBook page:Paramahansa Yogananda: Photos

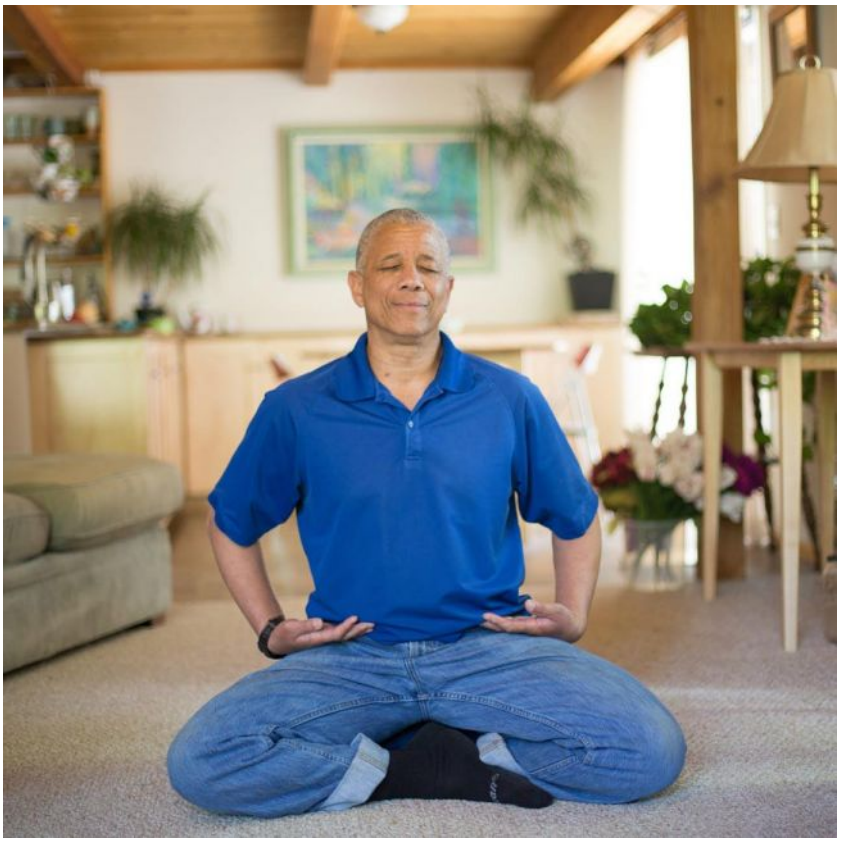




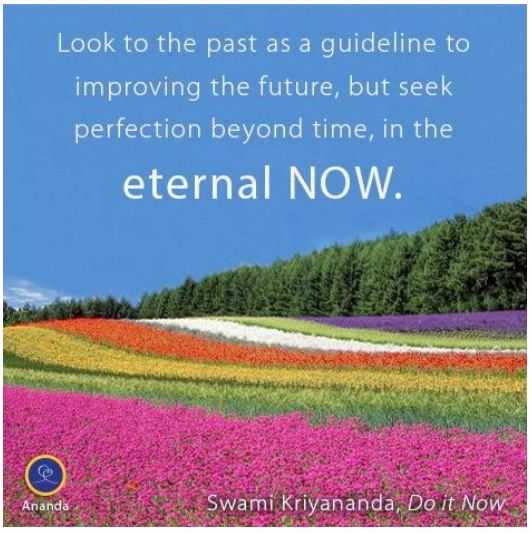


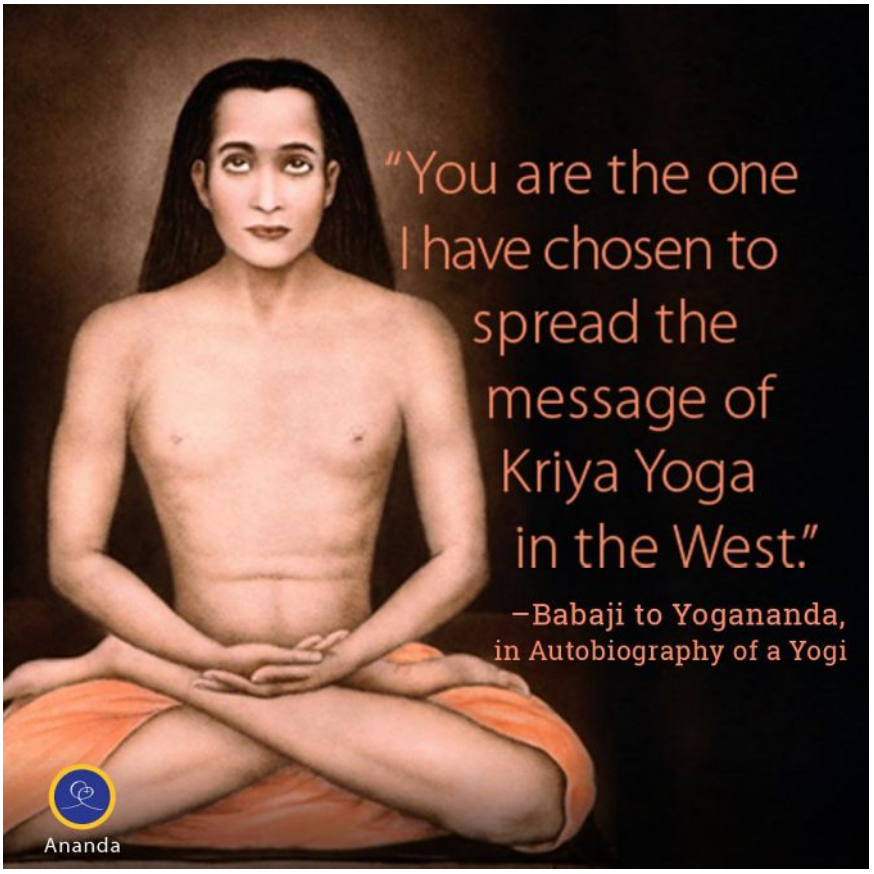
1893 – 1952

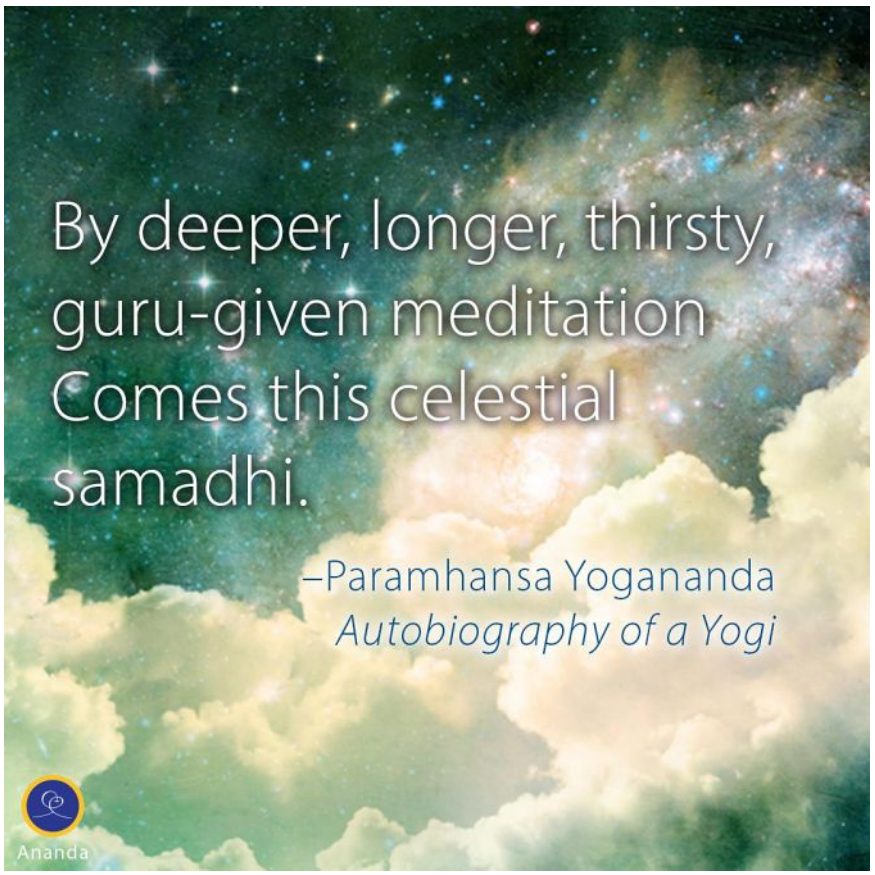

Meditation
is the inner switch
that you turn on to
connect yourself with
the Infinite.
–Paramhansa Yogananda



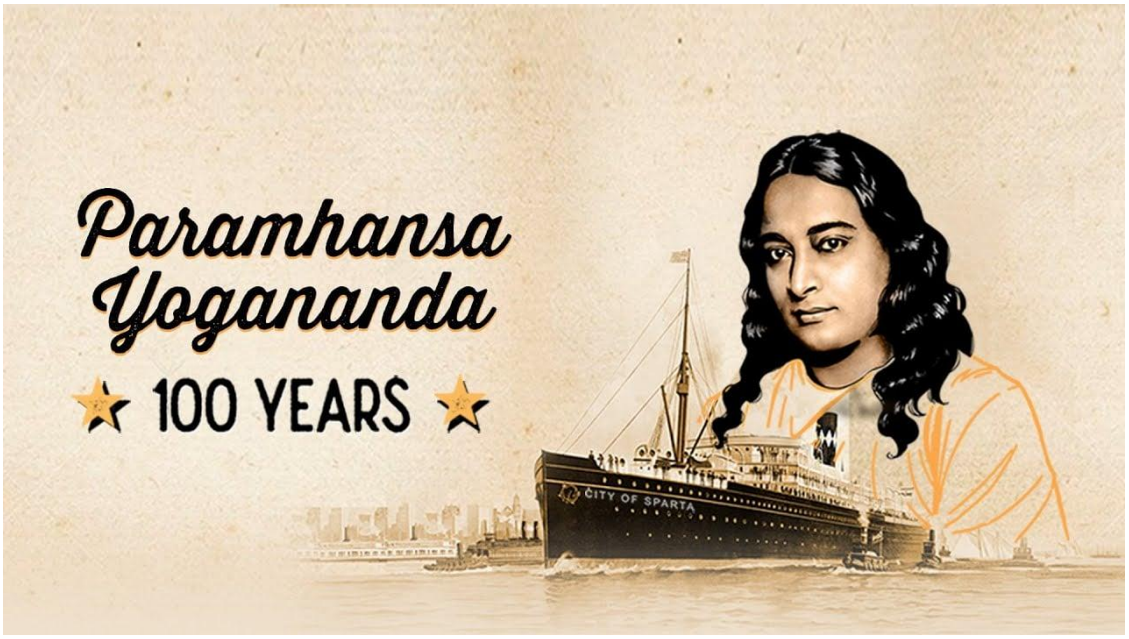
May Thy love shine forever
on the sanctuary of my devotion,
and may I be able to awaken
Thy love in all hearts.
Ananda

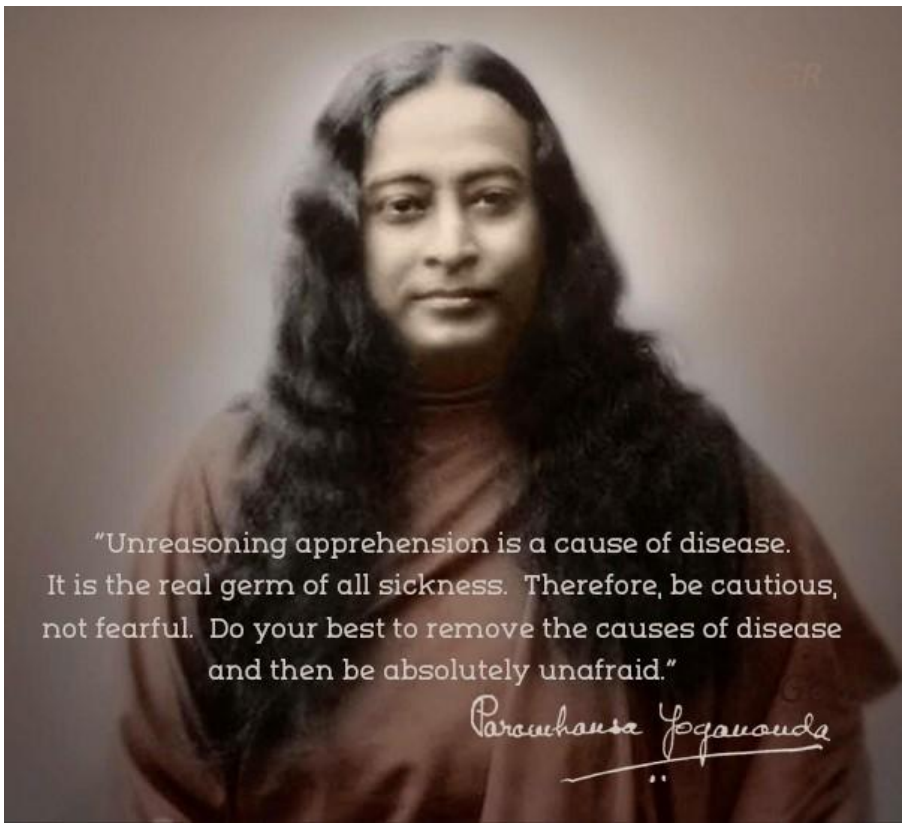

Look to the past as a guideline to
improving the future, but seek
perfection beyond time, in the
eternal NOW.
Ananda
Swami Kriyananda, Do it Now

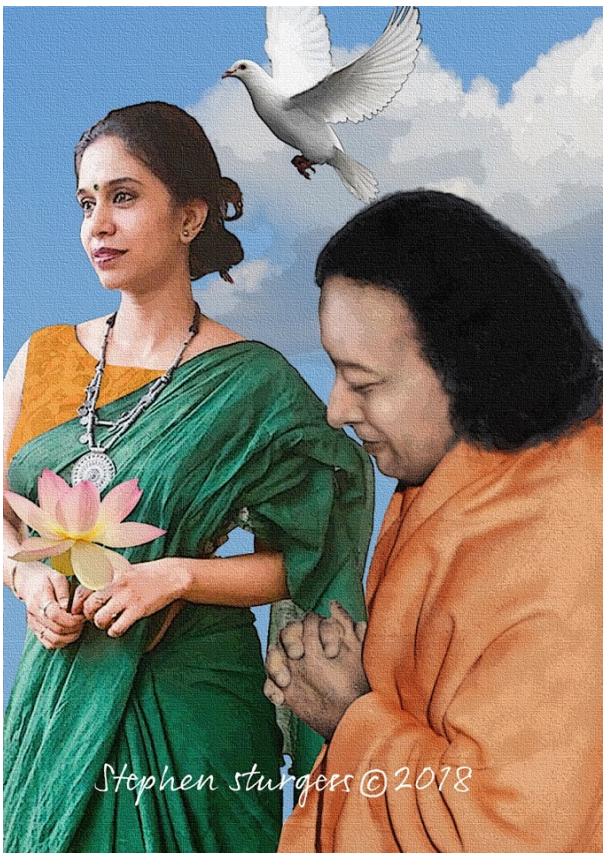

"You are the one
I have chosen to
spread the
message of
Kriya Yoga
in the West."
–Babaji to Yogananda,
in Autobiography of a Yogi
Ananda

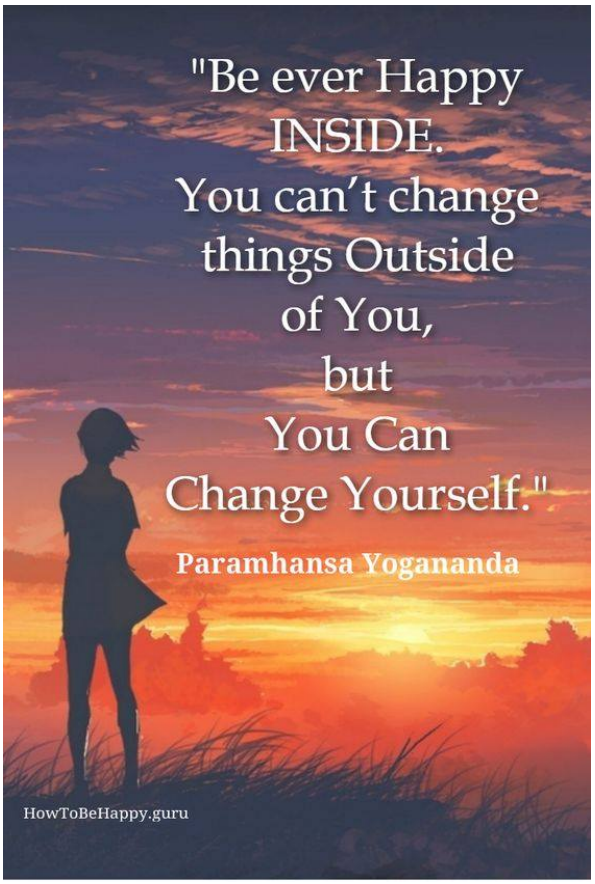

By deeper, longer, thirsty, guru-given meditation Comes this celestial samadhi.
–Paramhansa Yogananda
Autobiography of a Yogi
Ananda

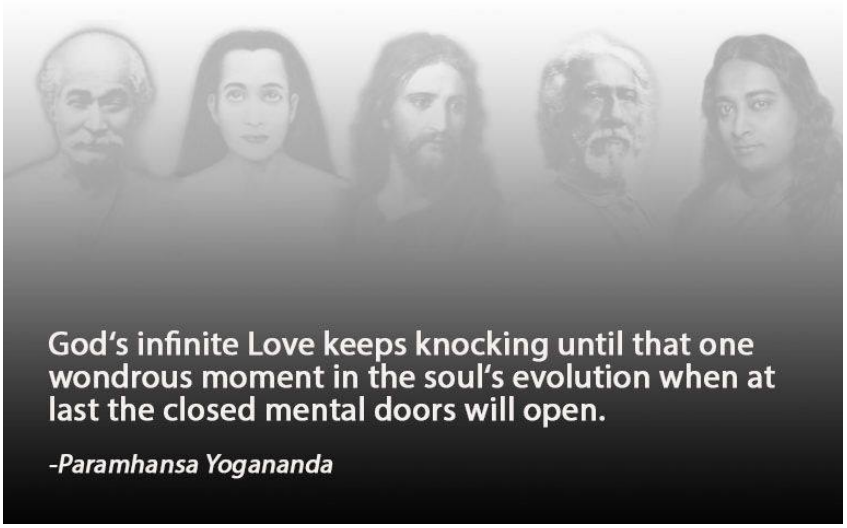
Everything in future will improve if you are making a spiritual effort now.
–Sri Yukteswar in Yogananda's
Autobiography of a Yogi
Ananda

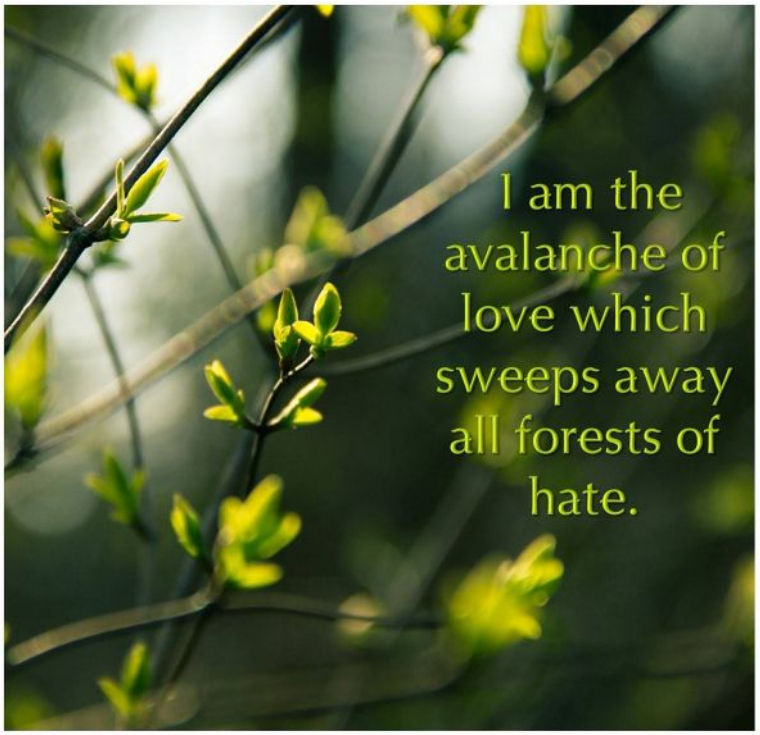

Paramhansa
Yogananda
100 YEARS
CITY OF SPARTA

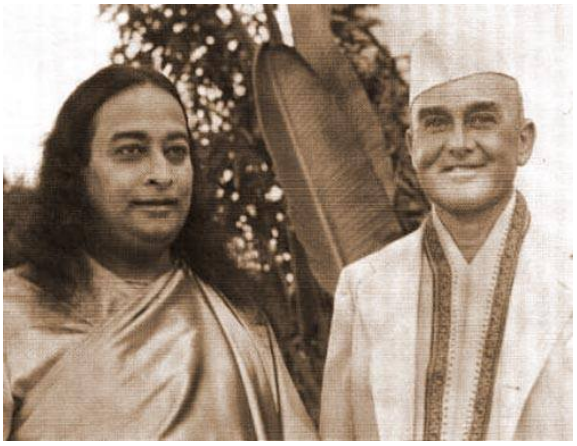

"Unreasoning apprehension is a cause of disease.
It is the real germ of all sickness. Therefore, be cautious,
not fearful. Do your best to remove the causes of disease
and then be absolutely unafraid."
Paramhansa Yogananda

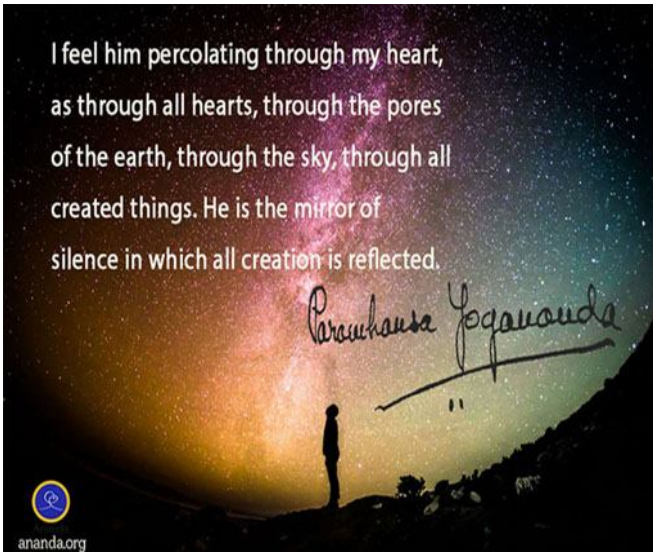

Stephen sturgess ©2018

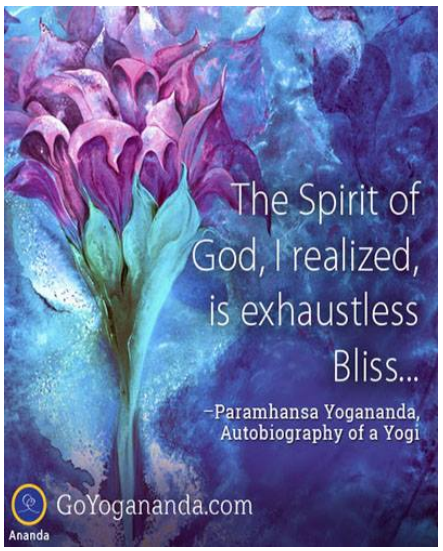

"Be ever Happy
INSIDE.
You can't change
things Outside
of You,
but
You Can
Change Yourself."
Paramhansa Yogananda
HowToBeHappy.guru


God's infinite Love keeps knocking until that one wondrous moment in the soul's evolution when at last the closed mental doors will open.
-Paramhansa Yogananda


I am the
avalanche of
love which
sweeps away
all forests of
hate.

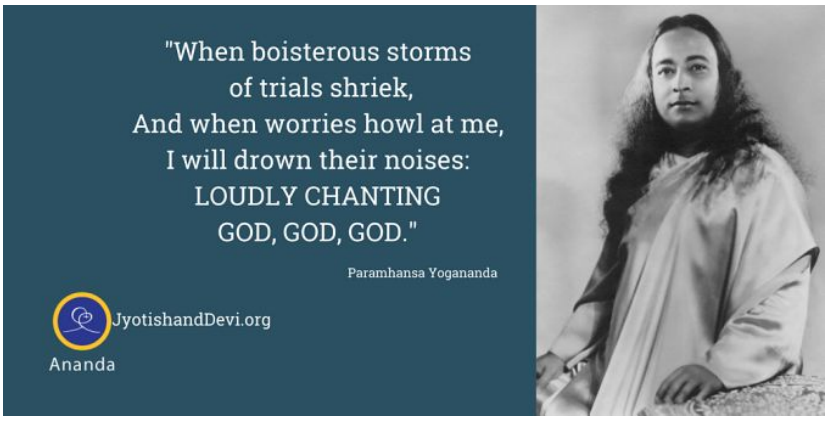


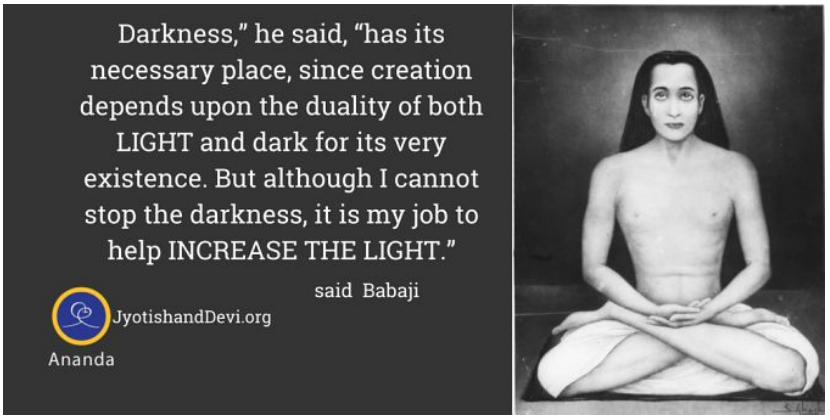

I feel him percolating through my heart,
as through all hearts, through the pores
of the earth, through the sky, through all
created things. He is the mirror of
silence in which all creation is reflected.
Paramhansa Yogananda
ananda.org

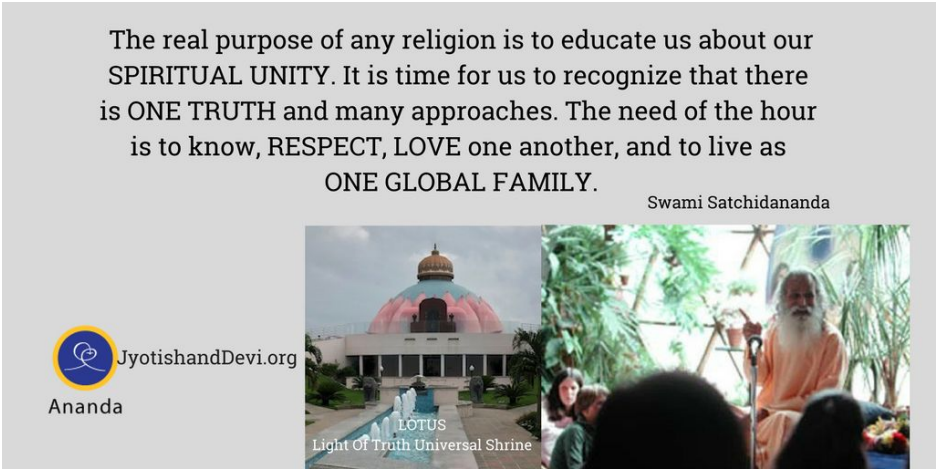

The Spirit of God, I realized, is exhaustless Bliss...
–Paramhansa Yogananda, Autobiography of a Yogi
GoYogananda.com
Ananda

WA
OR
CA
ID
NV
MT
WY
UT
AZ
CO
NM
ND
SD
NE
KS
OK
TX
MN
IA
MO
AR
LA
WI
IL
MS
MI
IN
KY
TN
AL
OH
WV
GA
FL
SC
NC
VA
PA
NY
ME
VT
NH
MA
RI
CT
NJ
DE
MD
DC
AK
HI

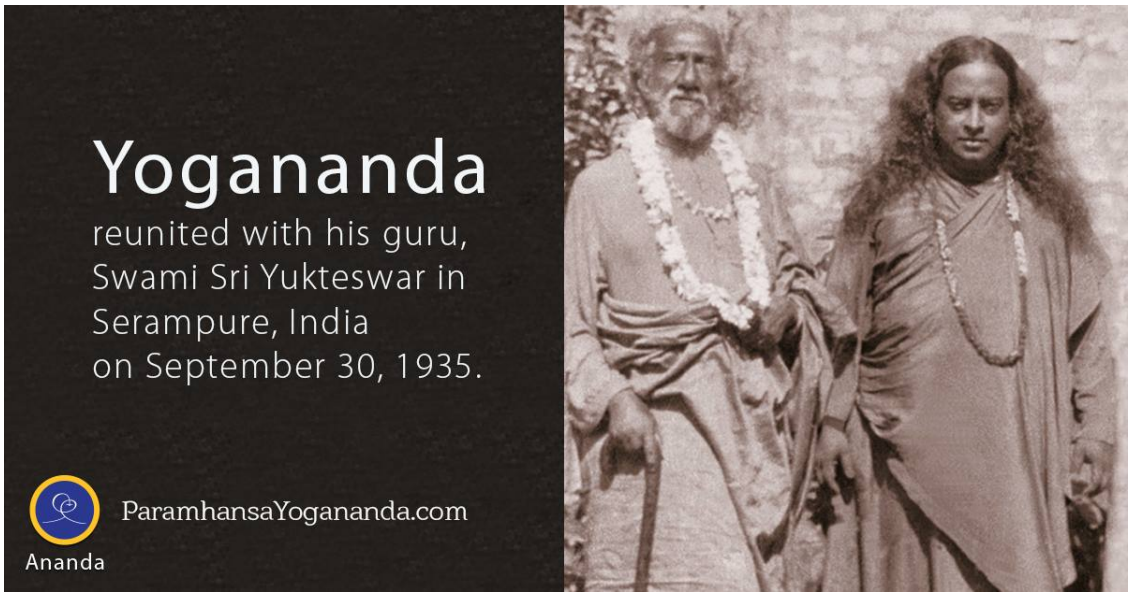
The BEST TREKKING COMPANIONS, those who will walk by your side to the very end, are GOD, GURUS, and your DEVOTEE FRIENDS.
JyotishandDevi.org
Ananda
Painting by Nayaswami Jyotish


"When boisterous storms of trials shriek,
And when worries howl at me,
I will drown their noises:
LOUDLY CHANTING
GOD, GOD, GOD."
Paramhansa Yogananda
JyotishandDevi.org
Ananda

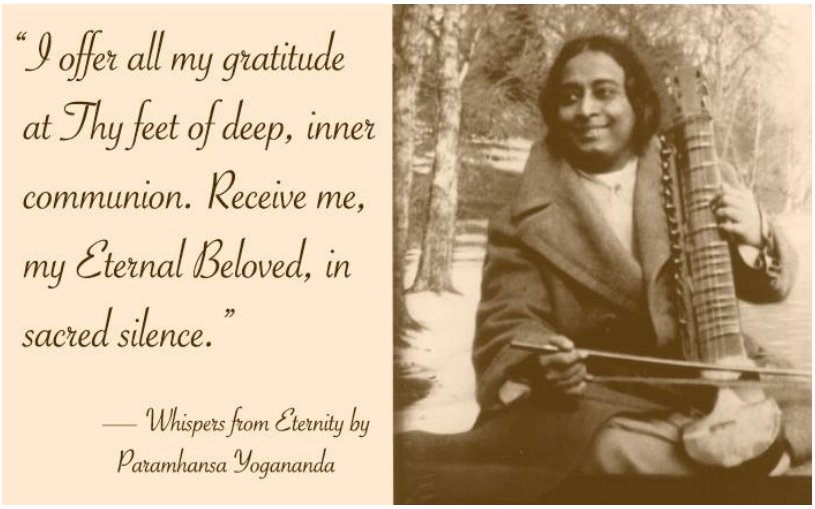

Darkness," he said, "has its necessary place, since creation depends upon the duality of both LIGHT and dark for its very existence. But although I cannot stop the darkness, it is my job to help INCREASE THE LIGHT."
said Babaji
JyotishandDevi.org
Ananda

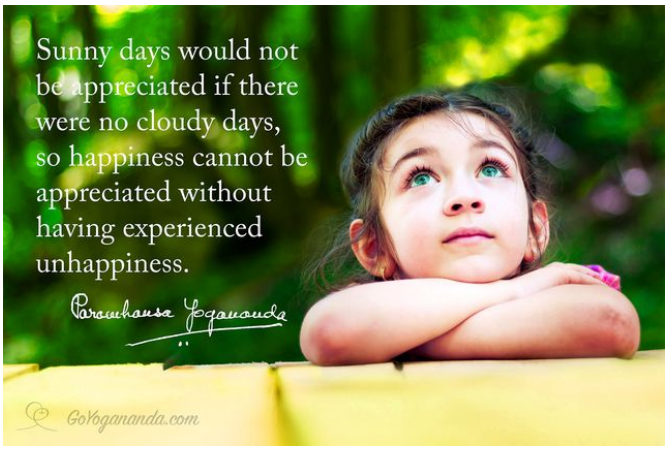

The real purpose of any religion is to educate us about our SPIRITUAL UNITY. It is time for us to recognize that there is ONE TRUTH and many approaches. The need of the hour is to know, RESPECT, LOVE one another, and to live as ONE GLOBAL FAMILY.
Swami Satchidananda
JyotishandDevi.org
Ananda
LOTUS
Light Of Truth Universal Shrine

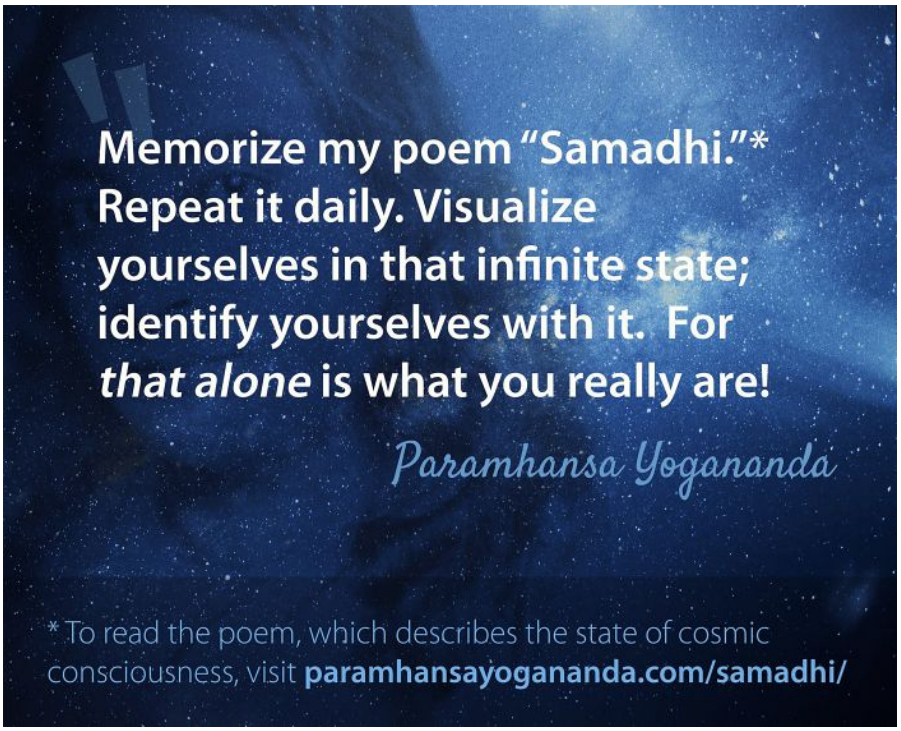
Walk in SILENCE; go quietly; develop spiritually. We should not allow noise and sensory activities to ruin the ladder of our attention, because we are listening for the footsteps of GOD to come into our TEMPLE.
Paramhansa Yogananda
JyotishandDevi.org
Ananda


Yogananda
reunited with his guru,
Swami Sri Yukteswar in
Serampure, India
on September 30, 1935.
ParamhansaYogananda.com
Ananda

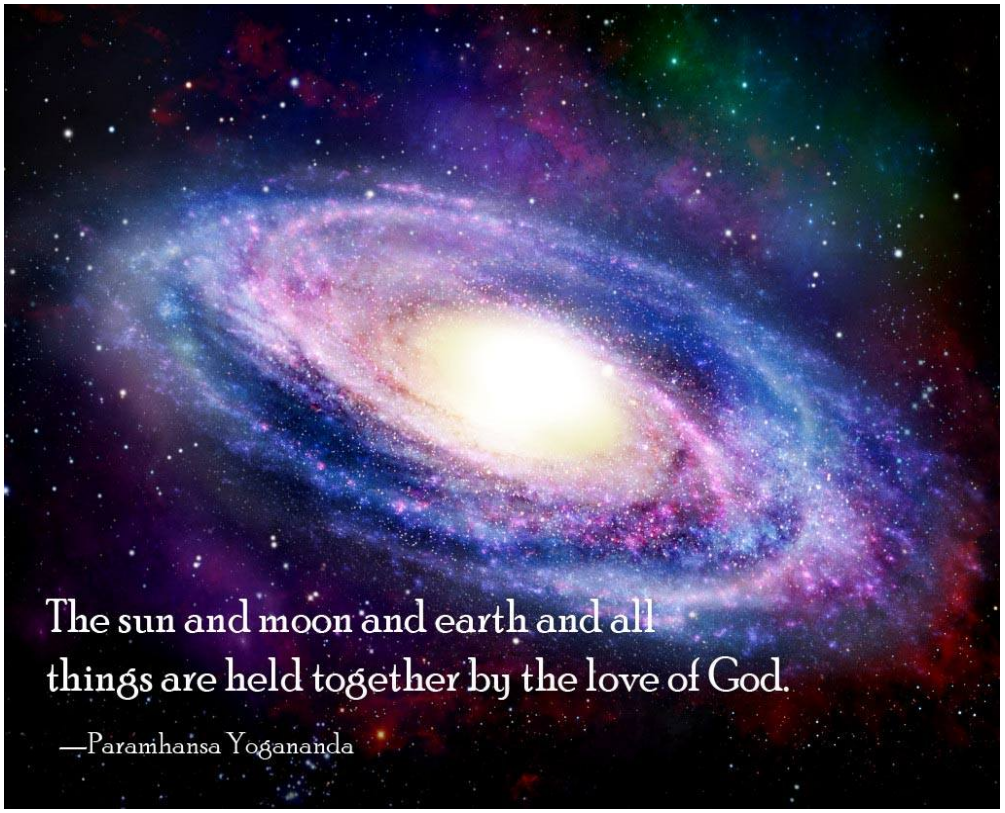
ಪರಮಹಂಸ ಯೋಗಾನಂದ ರಸ್ತೆ
PARAMAHANSA YOGANANDA ROAD


"I offer all my gratitude at Thy feet of deep, inner communion. Receive me, my Eternal Beloved, in sacred silence."
— Whispers from Eternity by Paramhansa Yogananda


Sunny days would not be appreciated if there were no cloudy days, so happiness cannot be appreciated without having experienced unhappiness.
Paramhansa Yogananda
GoYogananda.com


Memorize my poem "Samadhi."* Repeat it daily. Visualize yourselves in that infinite state; identify yourselves with it. For *that alone* is what you really are!
Paramhansa Yogananda
* To read the poem, which describes the state of cosmic consciousness, visit paramhansayogananda.com/samadhi/

Lasting
happiness
is of the soul.
Paramhansa Yogananda
GoYogananda.com


The sun and moon and earth and all
things are held together by the love of God.
—Paramhansa Yogananda

Some souls at sight ever become our own;

Some others whom we oft meet, forever remain unknown.

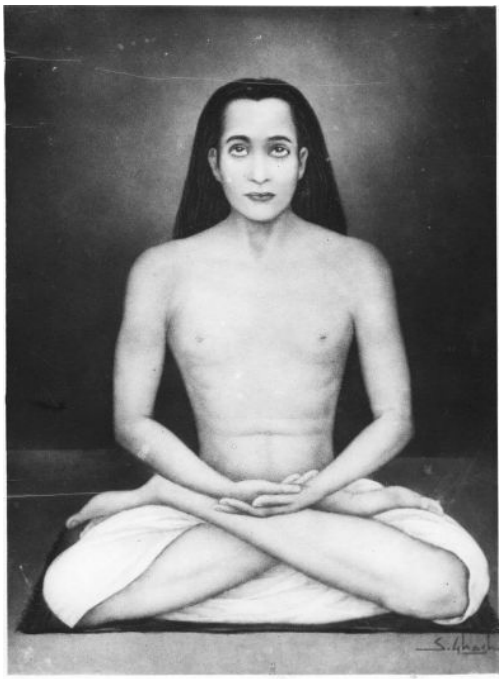
And yet, in whispers Dame Wisdom says:

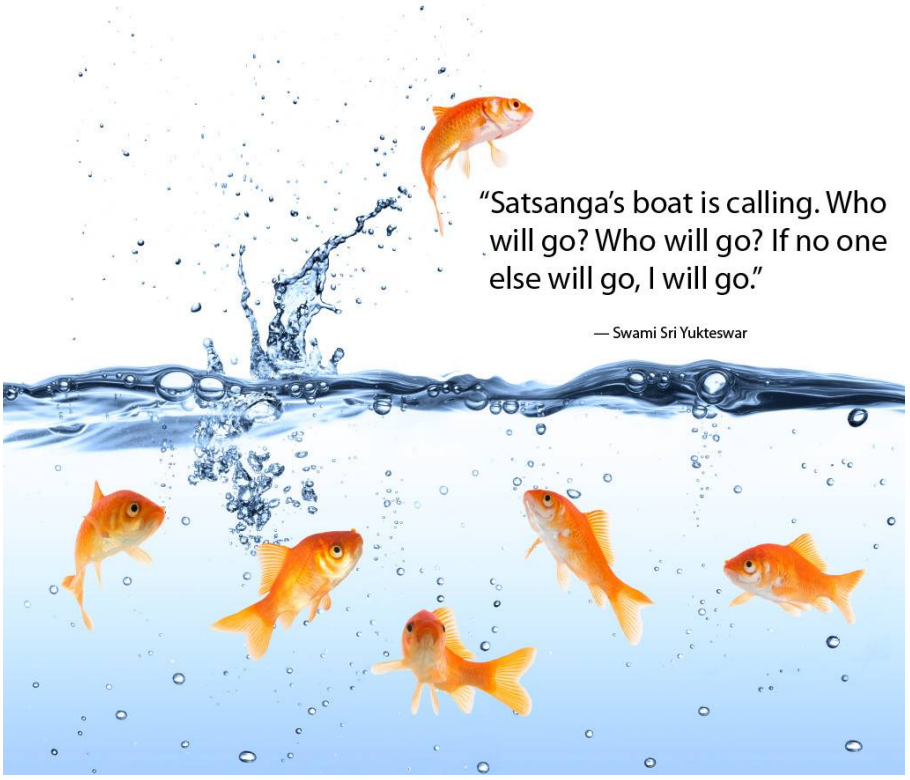
"To love your own and the unknown alike is Heaven's way."

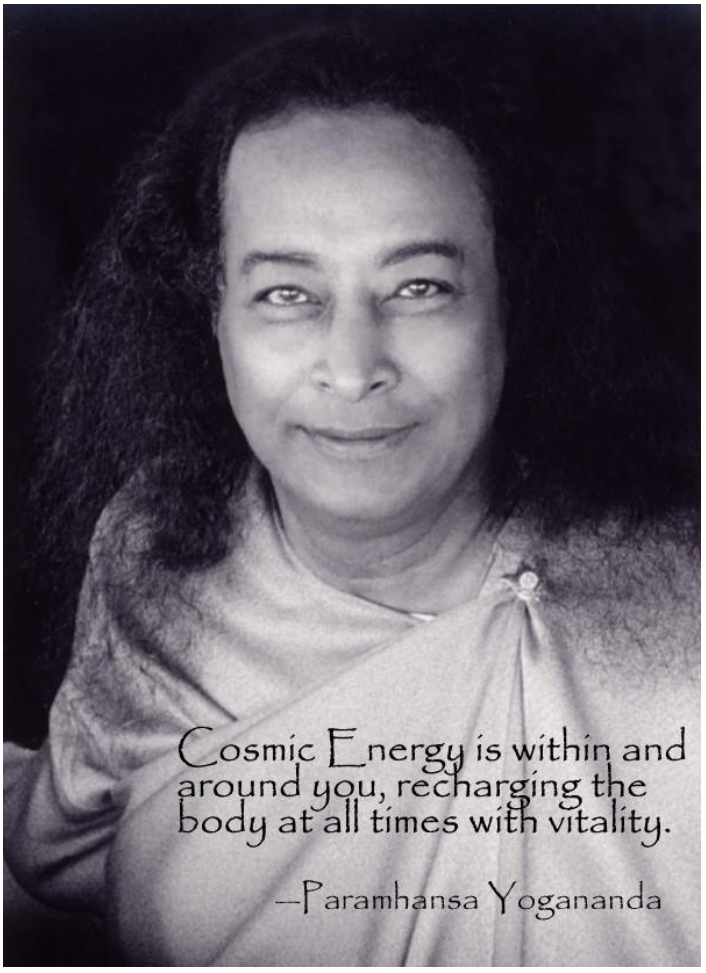
— Paramhansa Yogananda

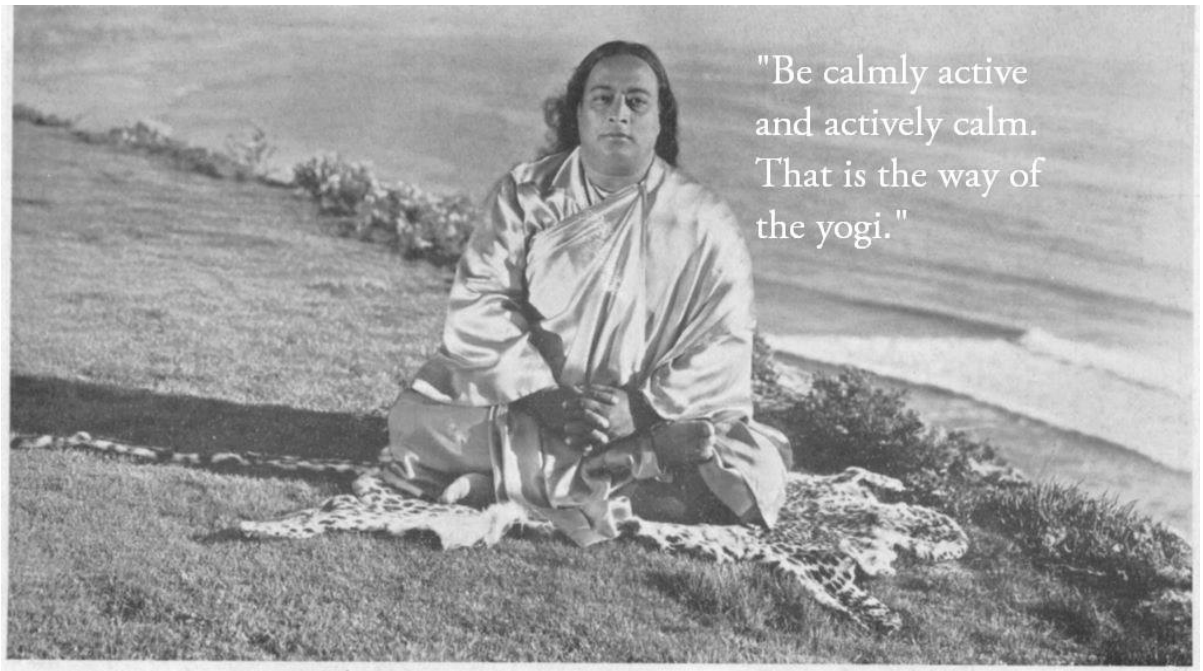
"Divine abundance follows the law of service and generosity. Give and then receive. Give to the world the best you have, and the best will come back to you."

Paramhansa Yogananda

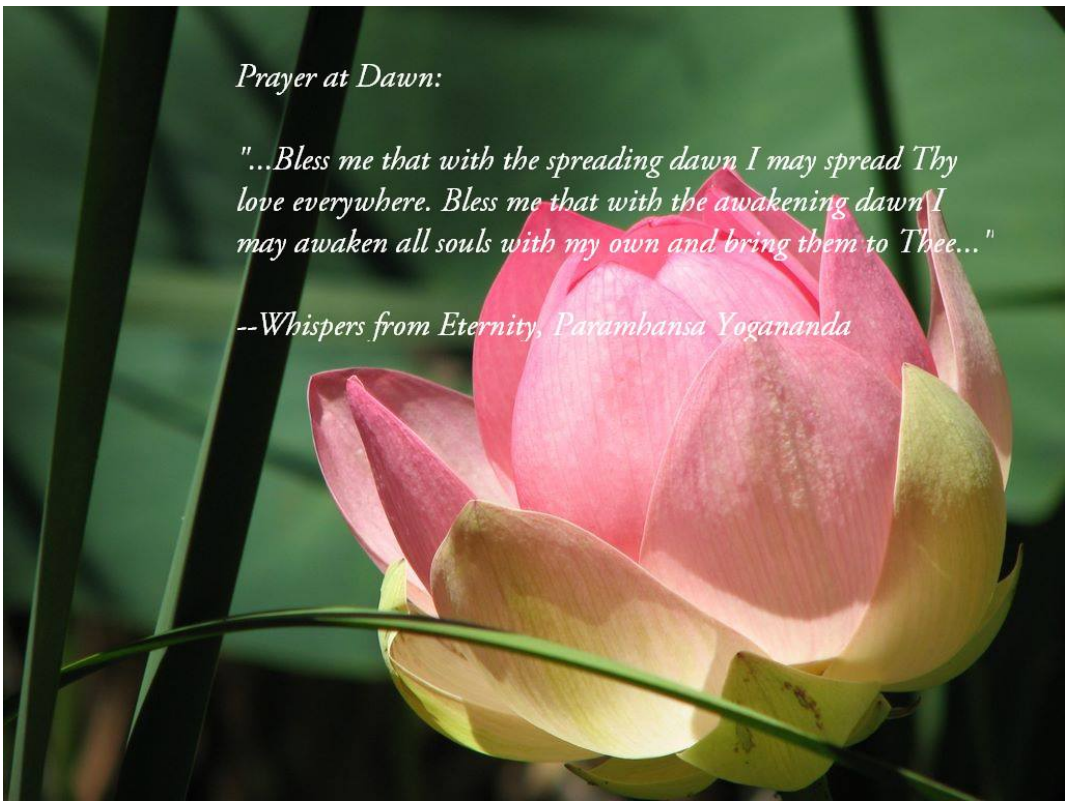


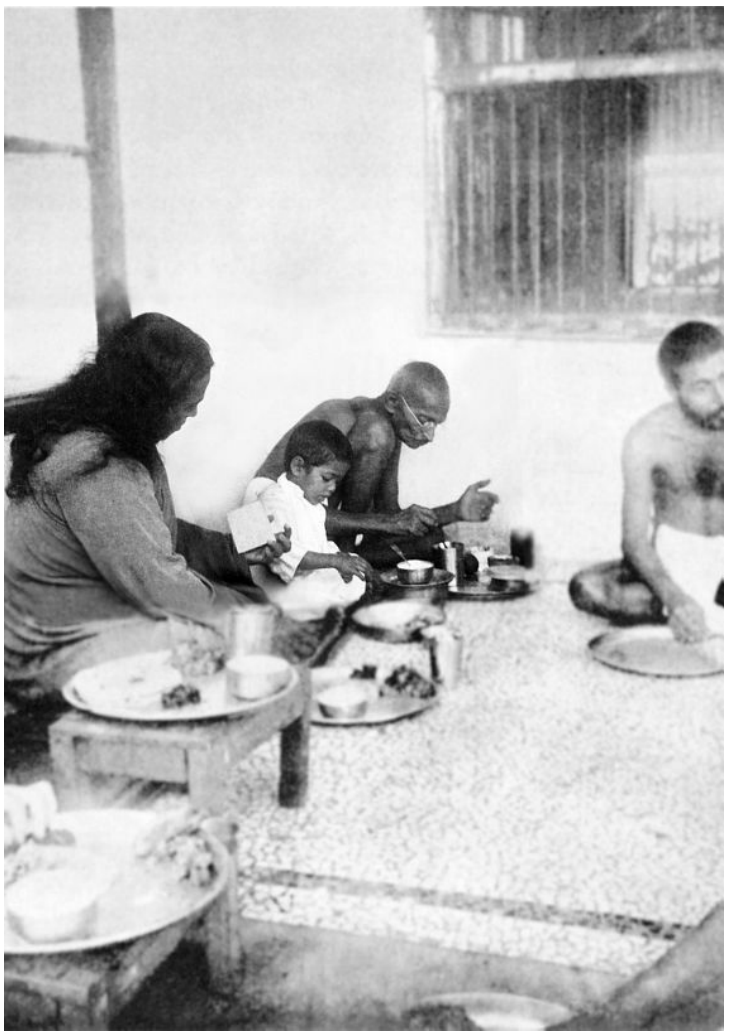

"Satsanga's boat is calling. Who will go? Who will go? If no one else will go, I will go."
— Swami Sri Yukteswar


Cosmic Energy is within and around you, recharging the body at all times with vitality.
—Paramhansa Yogananda



IN MEDITATION OF THE INFINITE
Swami Yogananda on a rocky ledge 300 feet above the sea at the Yogoda Hermitage at Encinitas, Cal.


Prayer at Dawn:
"...Bless me that with the spreading dawn I may spread Thy love everywhere. Bless me that with the awakening dawn I may awaken all souls with my own and bring them to Thee..."
--Whispers from Eternity, Paramhansa Yogananda



YouTube Videos:

God helps God: Paramahansa Yogananda: https://youtu.be/pAOjOFUr7oo

Paramahansa Yogananda: Purpose of life: https://youtu.be/29ZOIy5DgdA

Awake: life of Yogananda trailer: https://youtu.be/MdnrP1fMn7I

Mahasamadhi of Paramahansa Yogananda-March 7, 1952: https://youtu.be/oChaB88AjKg

An endless flow of Love- Paramahansa Yogananda: https://youtu.be/Q0_k7ojvT08

Finding Happiness: Paramahansa Yogananda: https://youtu.be/DsfaQnxT0fQ

Paramahansa Yogananda- on sleep: https://youtu.be/ZIxNgQ-CwPo

Purpose of Life: https://youtu.be/axVP3GjMLo8

Paramahansa Yogananda- about Kriya Yoga: https://youtu.be/ix_ysJPT6wU

Who was Paramahansa Yogananda in previous life: https://youtu.be/sCODvcYvOuY

Was Yogananda's body incorrupt after His death?: https://youtu.be/rEMhnpU6cAA

Siddhaguru visits Paramahansa Yogananda ashram in San Diego:
https://youtu.be/ZveahsTnwrU

My life with Paramahansa Yogananda by Swami Kriyananda(1 hr 34 min.):
https://youtu.be/GpOwNbj2NG8

A portrayal of the life of Paramahansa Yogananda: https://youtu.be/GlALIQXkDJw

Paramahansa Yogananda's immortal message (1 hr 4 min): https://youtu.be/QeOgOyL6F08

The Law of success - Paramahansa Yogananda: https://youtu.be/QeOgOyL6F08

Removing all sorrow and suffering: https://youtu.be/rdc5khxI0Hw

Paramahansa Yogananda's journey to United States : 1920-2020: The centennial:
https://youtu.be/KjXd4i2b1JE

Birthday of Paramahansa Yogananda (43 min): https://youtu.be/kP2ItsSOHxo

To overcome suffering: https://youtu.be/oFLFGB5AZQ4

Beholding the One in All: https://youtu.be/v6WX4LXOyZU

Yogananda goes into Samadhi: https://youtu.be/3HiSnBXuNJw

Enlightenment experience: Paramahansa Yogananda: https://youtu.be/QSRoFfBAzr4

—-------

ॐ स॒ह ना॑ ववतु । स॒ह नौ॑ भुनक्तु । स॒ह वी॒र्यं॑ करवावहै । ते॒ज॒स्विना॒वधी॑तमस्तु मा वि॑द्विषा॒वहै ॥ **(3)**
ॐ शान्ति॒: शान्ति॒: शान्ति॑: ॥ **(3)**